

# Shorter questions to get started....

1. Patrick and David are 20 years old. They are both keen amateur basketball players and would like to begin training with a new coach.
  - a. The new coach has identified two fitness tests which could be used to determine Patrick's and David's baseline levels of fitness. Explain why the coach would have chosen each of these tests:
    - The Vertical Jump Test (2 marks)
    - The Illinois Agility Run Test (2 marks)
  - b. Describe how one method of training could be used to develop and improve their performance in basketball. (4 marks)

## Answers to short answer questions

- a. Vertical Jump Test – This tests anaerobic power in the lower body (1) This is highly relevant for a basketball player as a large proportion of their game requires power in the lower body for jumping (rebounds, tip off, jump shot, interceptions, etc.)
- b. Illinois Agility run test – This tests agility and speed. As a basketball player you need to be able to change direction precisely and with control when there is a turnover or when you have possession and you are dodging the opposing team players.

b. Plyometrics is a suitable choice of training method (1) as it involves an eccentric contraction (1) closely followed by a concentric contraction (1). This training method could be used to develop power in the basketball player. (1) The game of basketball requires this same contraction especially when performing lay ups (1), gathering rebounds (1), performing jump shots (1) and often when jumping to intercept the ball.(1) Plyometrics involves box jumping, bounding, jumping activities or incline press-ups all of which would be beneficial for the basketball player.

Similarly, you could also accept circuit training, weight training, Fartlek training and interval training – on the basis that you have then explained why the training method would be suited for the basketball player.

# 8 mark question.....

- Harvey plays hockey and wishes to improve his components of fitness that are mostly needed in the game of hockey. Identify a test that could be used to gain baseline data and explain why this would be appropriate. Discuss a specific training method, including the advantages and disadvantages of the method and how the principles of training could be applied. (8 Marks)

# 8 mark question...

- Felicity is a gymnast and she is soon to compete in a national competition. Her coach has told her that she will need to complete a BIA test. Explain the test fully and discuss why her coach may have suggested the test was necessary. (8 Marks)