Unit 1 Task Sheet 1(c)

AC1.3: The components of fitness of an individual against normative ranges.

Scenario: To increase your understanding of technical options available to a coach, you have been asked by your PE teacher, to explain the technical factors listed below and explain how they can impact on your performance in a sporting activity of your choice.

Technical Factors:

1. Techniques

Including: Movement Analysis
Qualitative Data
Subjectivity

2. Tactics/Strategies

Including: The Team's Performance
Individual Tactics
Compositional Strategies
Quantitative Data
Objectivity