

## **AHS PE Acronyms & Sayings**

### **Skill Related Fitness Components – ABC PRS**

Agility, Balance, Coordination, Power, Reaction Time, Speed

### **Health Related Fitness Components - Muscular Muscles Can Feel Big**

Muscular Endurance, Muscular Strength, Cardiovascular Fitness, Flexibility, Body Composition

### **Principles of Training – FIRST-OP**

FITT (frequency, intensity, time, type), Individual Needs, Reversibility, Specificity, Thresholds of Training, Overtraining, Progressive Overload

### **Methods of Training – Intense Farting Can Cause Painful Wind**

Interval, Fartlek, Continuous, Circuit, Plyometrics, Weight

### **Preventing Injury – People Please Prepare When Continuously Running**

Protective Clothing & Equipment, Principles of Training, PAR-Q, Warm-Up, Checking Facilities & Equipment, Rules (including balanced competition)

### **Goal Setting – SMART Targets**

Specific, Measurable, Achievable, Realistic, Time Bound

### **Categories of a Balanced Diet - Fat Men Can't Play Football Very Well**

Fats, Minerals, Carbohydrates, Protein, Fibre, Vitamins, Water

### **Factors Affecting Optimum Weight – Grant Holt Makes Goalkeepers Blush**

Gender, Height, Muscle Girth, Bone Structure

### **Performance Enhancing Drugs – Beat Drugs And Say No People**

Beta Blockers, Diuretics, Anabolic Steroids, Simulants, Narcotics Analgesics, Peptide Hormones