

1.2.a. Components of fitness

Cardiovascular fitness	Muscular Endurance	Flexibility	Reaction Time	Power	Speed	Agility	Balance	Coordination	Strength
'The ability to continue exertion while getting energy from the aerobic system used to supply the body with energy'	'The ability to move your body and muscles repeatedly without fatiguing'	'A bending movement around a joint in a limb'	'The ability to respond quickly to a stimulus'	'The ability to exert a maximal force in as short a time as possible' Power = Strength x Speed	'The ability to move quickly across the ground or move limbs rapidly through movements'	'The ability to change direction at speed'	'The ability to stay upright or stay in control of body movement' (static or dynamic)	'The ability to move two or more body parts under control, smoothly and efficiently'	'The amount of force a muscle can exert against a resistance'
Explanation	Explanation	Explanation	Explanation	Explanation	Explanation	Explanation	Explanation	Explanation	Explanation
They need good cardiovascular fitness to be able to maintain a high standard of performance throughout the race/match.	They need a prolonged additional oxygen delivery to the working muscles to repeat muscle contractions over a long period of time without tiring	Performers need good flexibility to be able to get into position without getting injured and to perform complex movements	Performers need to react to a stimulus. A stimulus can include: a ball, whistle, starters gun, or an opponent	Performers need power to improve performance. Speed and strength are needed in sports where you throw jump kick and sprint	Performers need speed to get from one position to another. This may be leg speed to run or arm speed when throwing or hitting	Performers need agility to change direction quickly. This can be used to evade opponents or move around the court or pitch quickly	Performers need balance so they don't fall over. E.g. in gymnastics when performing a balance (static) or travelling across the beam (dynamic)	Performers need coordination when they are using two body parts at the same time. It can be used when aiming, or striking/hitting a ball	Performers need Strength to support weight (static) lifting a weight (maximal) punch (dynamic) throw (explosive)
Fitness Test	Fitness Test	Fitness Test	Fitness Test	Fitness Test	Fitness Test	Fitness Test	Fitness Test	Fitness Test	Fitness Test
MultiStage Fitness 12 min cooper run	30 second Sit-up & press-up test	Sit and reach	Ruler drop test	Vertical jump Standing long jump	30m sprint	Illinois agility run	Stork balance test	Wall toss	Grip dynamometer
Sports	Sports	Sports	Sports	Sports	Sports	Sports	Sports	Sports	Sports
Games players Long distance runners/rowers	Cyclist Boxing Swimmer	Gymnasts Goal keepers Divers	Sprinters Badminton Rugby players	Shot put Football (kicking) High jump	Sprinting Badminton Javelin thrower	Rugby side-step Tennis Ice hockey	Gymnastics Skiing Hammer throw	Tennis Archery Football	Weight lifting Rugby Gymnastics
									
									