



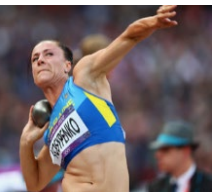






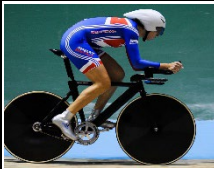

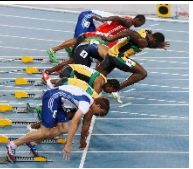
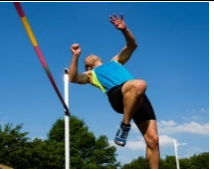



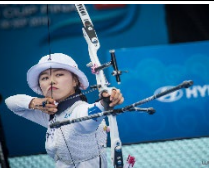



1.2.a. Components of fitness

| 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 |
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