

Components of fitness and their definitions.

Cardiovascular Fitness- The ability to work the entire body for long periods of time without tiring.

Muscular Endurance- To work the same muscle over and over without tiring.

Muscular Strength- The maximum amount of force a muscle can exert in one movement.

Flexibility- The range of movement at a joint.

Power- The combination of strength and speed.

Agility- The ability to change direction at speed.

Balance- The ability of the performer to retain their centre of mass over their base of support without falling.

Coordination- The ability to move two or more body parts at the same time.

Reaction Time- The time between the presentation of a stimulus and movement.

Speed- The ability to cover a distance in the shortest time possible.

Body Composition- The % of fat, muscle and bone.

Component of Fitness and a sporting example



Agility, Coordination, Speed and Power

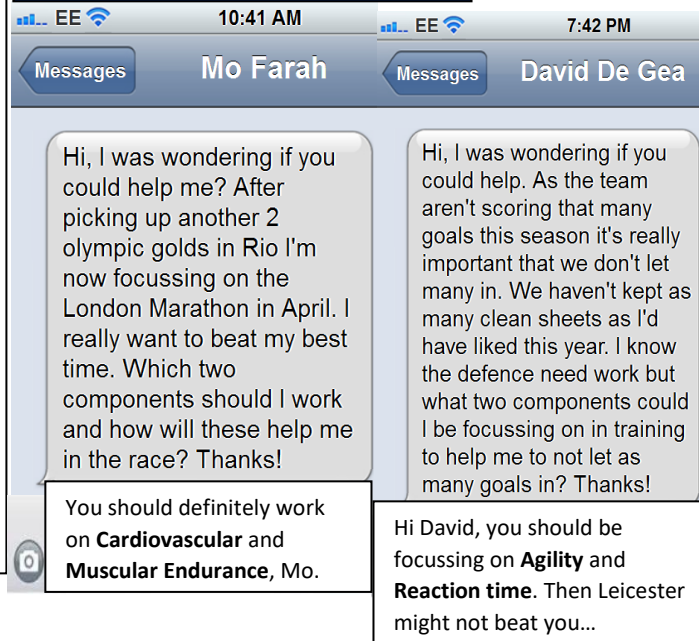


Muscular Strength and Endurance and Power.



Coordination, Speed, Balance, Reaction Time.

Athletes concerns.



10:41 AM

Messages Mo Farah

Hi, I was wondering if you could help me? After picking up another 2 olympic golds in Rio I'm now focussing on the London Marathon in April. I really want to beat my best time. Which two components should I work and how will these help me in the race? Thanks!

7:42 PM

Messages David De Gea

Hi, I was wondering if you could help. As the team aren't scoring that many goals this season it's really important that we don't let many in. We haven't kept as many clean sheets as I'd have liked this year. I know the defence need work but what two components could I be focussing on in training to help me to not let as many goals in? Thanks!

You should definitely work on **Cardiovascular** and **Muscular Endurance**, Mo.

Hi David, you should be focussing on **Agility** and **Reaction time**. Then Leicester might not beat you...

Homework 1: Know all the components of fitness and their definition

Homework 2: Know all the tests that test the components of fitness

Homework 3: Give a sporting example for each component of fitness e.g cardiovascular fitness will be used by a Marathon runner

Homework 4: Design a conversation between you and an athlete.

KO Quizzes will follow these, so make sure you revise.

Test a component of fitness.

Cardiovascular Fitness	Muscular Endurance	Muscular Strength	Flexibility	Power	Agility	Balance	Coordination	Speed	Reaction Time
12 Minute Cooper Run	60 Second Sit-Ups	Hand Grip Dynamometer	Standing Stork Test	Sargent Jump	Illinois Agility Run	Standing Stork	Alternate Hand Wall Throw.	30 Metre Sprint	Ruler Drop Test