



Components of Fitness

Learning Objectives

o Must

- o Define each component of fitness
- o Identify the tests used for each component of fitness

o Should

- o Explain the procedures of the fitness tests
- o Identify the reasons for and limitations of fitness testing
- o Understand the difference between quantitative and qualitative data

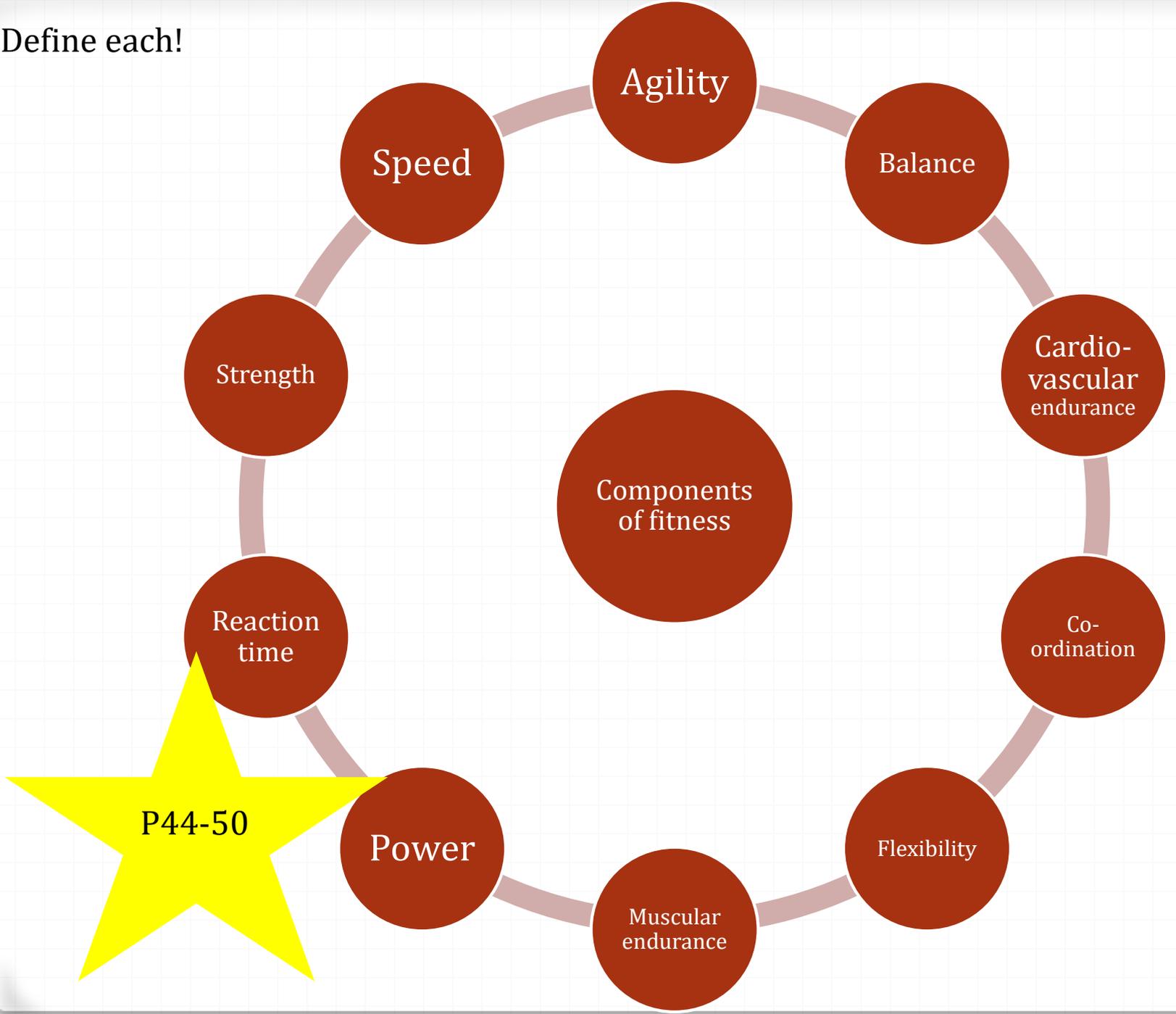
o Could

- o Justify why or why not fitness components are required in certain activities

Use this Video to help

<https://www.youtube.com/watch?v=gGAhYokmoDc>

Define each!



Agility

Balance

Cardio-vascular endurance

Co-ordination

Flexibility

Muscular endurance

Power

Reaction time

Strength

Speed

Components of fitness

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Application

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Component of fitness	Definition	Practical application
Agility		Dodging other players who are trying to make a tackle in an invasion game.
Balance		Holding a hand stand in gymnastics. Staying upright when shoulder to shoulder with an opponent in an invasion game.
Cardio-vascular Endurance		Middle and long-distance runners need high levels of endurance to work aerobically for a long period of time.
Co-ordination		Tennis requires co-ordination of the hands, feet, legs, arms, head and trunk – especially when serving.

Application

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Component of fitness	Definition	Practical application
Flexibility		Dancers require high levels of flexibility to twist their bodies into the positions required in their routines.
Muscular endurance		A gymnast performing on the pommel horse – completing the routine without fatigue.
Power/explosive strength		A long jumper as they leave the floor – using an explosive burst to jump as far as possible.
Reaction time		The time taken to respond to the starting gun in 100m to the first movement when moving out of the blocks.

Application

P44-50

Component of fitness	Definition	Practical application
Speed		Beating the opposition to catch the ball in an invasion game. Finishing a 1500m race with a sprint to get the best time possible.
Strength		E.g. weight lifting to lift the heaviest weight possible in a single contraction.
Maximal		
Static		Holding a handstand in gymnastics.
Dynamic		Carrying the body during repeated movements such as swimming, cycling or running.
Explosive		One explosive movement such as a javelin or shot put thrower.