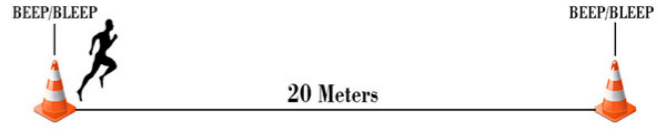

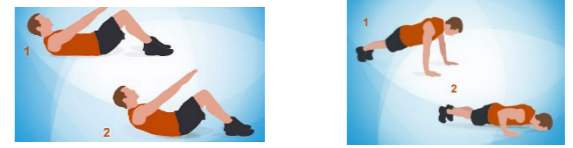




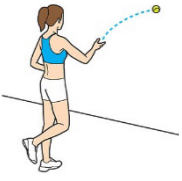
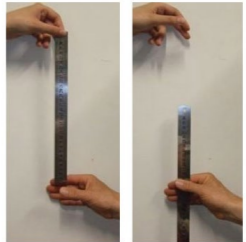
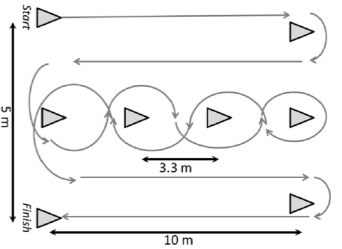



COMPONENTS OF PHYSICAL FITNESS			
Definition	Important in the following sports	Example	Test
<p>Aerobic Endurance</p> <p>The ability of the cardiorespiratory system to work efficiently, supplying nutrients and oxygen to working muscles during sustained physical activity.</p>	<p>Long distance running</p> <p>Football</p> <p>Long distance swimmer</p> <p>Marathon runner</p> <p>Netball</p> <p>Basketball</p>	<p>Marathon runners require excellent aerobic endurance to ensure they can continue to run over a long distance, successfully completing their race.</p>	<p>Multi-Stage Fitness Test</p> 
<p>Muscular Strength</p> <p>The maximum force (in kg or N) that can be generated by a muscle or muscle group.</p>	<p>Rugby</p> <p>Powerlifting</p> <p>Boxing</p> <p>Weight Lifting</p> <p>Shot putt</p>	<p>Weight lifting requires muscular strength in order to exert one maximum force to lift a heavy weight and beat your personal best.</p>	<p>Grip Dynamometer Test</p> 
<p>Muscular Endurance</p> <p>The ability of the muscular system to work efficiently, where a muscle can continue contracting over a period of time against a light to moderate fixed resistance load.</p>	<p>Swimming</p> <p>Rowing</p> <p>Cycling</p>	<p>Rowers require good muscular endurance to ensure they can repeat the same movement over a period of time against the resistance of the water for the duration of each race.</p>	<p>60 Seconds Sit-up and Press-up Test</p> 
<p>Speed</p> <p>Distance divided by the time taken. Speed is measured in metres per second (m/s). The faster an athlete runs over a given distance, the greater their speed.</p>	<p>Sprinting</p> <p>Football</p> <p>Netball</p> <p>Long jump</p>	<p>Long jump requires accelerative speed allowing individuals to sprint a short distance approaching the sandpit. This increases their height and distance from take-off. Sprinters require pure speed for the last push for a 100m sprint. Footballers require good speed endurance as they spend a lot of time chasing the ball, beating an opponent to winning the ball first.</p>	<p>35 Metre Sprint Test</p> 
<p>Body Composition</p> <p>The relative ratio of fat mass to fat-free mass (vital organs, muscle, bone) in the body. This is measured as Body Mass Index (BMI).</p>	<p>Different sports will need a different percentage of body fat.</p>	<p>Sumo-wrestlers need a high BMI as extra weight helps them succeed.</p> <p>Sprinters need a low BMI as they need lots of muscle to be effective.</p>	<p>Skin Fold Test</p> 
<p>Flexibility</p> <p>Having an adequate range of motion in all joints of the body; the ability to move a joint fluidly through its complete range of movement.</p>	<p>Gymnastics</p> <p>Dance</p> <p>Diving</p> <p>Trampolining</p>	<p>Gymnasts require high levels of flexibility in order to perform complex moves such as somersaults and splits.</p>	<p>Sit and Reach Test</p> 

COMPONENTS OF SKILL RELATED FITNESS			
Definition	Sport	Example	Test
<p>Power The product of Strength and Speed.</p>	<p>Long Jump Shot putt Boxing Badminton</p>	<p>A long jumper needs speed in the run-up. They combine this with strength to give power at take-off.</p>	<p>Vertical Jump Test</p> 
<p>Co-ordination The smooth flow of movement needed to perform a motor task efficiently and accurately.</p>	<p>Tennis Football Gymnastics Badminton</p>	<p>Tennis players require good hand-eye co-ordination to ensure that the racket and tennis ball make contact. A footballer requires good foot-eye co-ordination to allow them to watch the ball move towards or away from their feet whilst keeping the ball under control.</p>	<p>Alternate Hand Wall Toss Test</p> 
<p>Reaction Time The time taken for a sports performer to respond to a stimulus and the initiation of their response.</p>	<p>Sprinting Tennis Table tennis</p>	<p>A sprinter needs the ability to react quickly to the starting gun at the beginning of each race in order for a great start.</p>	<p>Ruler Drop Test</p> 
<p>Agility The ability of a sports performer to quickly and precisely move or change direction without losing balance or time.</p>	<p>Rugby Football Netball</p>	<p>Rugby players require good agility in order to change direction quickly to avoid being tackled by opposing players.</p>	<p>Illinois Agility Test</p> 
<p>Balance The ability to maintain centre of mass over a base of support. There are two types of balance: Static and Dynamic Balance.</p>	<p>Gymnastics Netball Cycling</p>	<p>A Gymnast requires good balance in order to hold positions. A handstand requires the use of static balance. Dynamic balance allows gymnast to maintain control during a cartwheel.</p>	<p>Standing Stork Test</p> 

ADDITIONAL KEY WORDS AND TERMINOLOGY	
<p>Exercise intensity Pulse rate Continuous training Weight training Interval training Cool down</p>	<p>Heart rate Circuit training Warm-up Aerobic training zone Fartlek training Training programme</p>

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