

Components of fitness required for Swimming

	The swimmer needs this component of fitness to continually contract his muscles throughout a 400m race.	
FLEXIBILITY		COORDINATION
Physical fitness		
SPEED		REACTION TIME
Physical fitness	This component of fitness is required to stand stationary on the blocks and not false start by falling into the water.	Skill related fitness
	Skill related fitness	

TASK

Drag and drop the boxes below into the correct location on the diagram.

This component of fitness is required to respond quickly to the starting buzzer, diving from the blocks, into the water.	This component of fitness is required in the shoulder joint so that the swimmer can make an efficient arm action when performing the back stroke.	This component of fitness is required to produce a smooth and efficient stroke action during a race.
STATIC BALANCE	This component of fitness is required so that the swimmer can complete the race in the shortest possible time, beating their opponents.	Skill related fitness
MUSCULAR ENDURANCE		Physical fitness

Components of fitness required for Boxing

	MUSCULAR STRENGTH		
This component of fitness is required by the boxer so that they can make quick, forceful jabs at their opponent, avoiding their guard.		A boxer considers this component of fitness when trying to maintain a high percentage of fat-free mass.	
Skill related fitness		Physical fitness	
This component of fitness is required by the boxer so that they can respond quickly to the opponents punches so that they can move out of the way.			
	DYNAMIC BALANCE		
Skill related fitness.			
	Skill related fitness		

TASK

Drag and drop the boxes below into the correct location on the diagram.

BODY COMPOSITION	This component of fitness is required by a boxer so that he can generate maximum force when trying to throw a knockout punch.	This component of fitness is required by a boxer so that they can change their body position at speed, when trying to dodge a punch. Physical Fitness Skill related fitness
REACTION TIME		
POWER	This component of fitness is need by a boxer so that they can keep their centre of mass above their base of support, preventing them from falling, when they are dodging punches.	