

6.4 Components of Fitness

	<i>the ability to cope with the demands of the environment</i>
	<i>related directly to our health and meeting them at the demands of everyday life.</i>
	<i>related to the skills and abilities needed to perform well in sporting situations.</i>

Health Related Fitness includes the following components:

Identify the following definitions

	<i>The ability to exert the maximum amount of force in one go.</i>
	<i>The range of movement possible around a joint.</i>
	<i>The ability of your muscles to work continuously without getting tired.</i>
	<i>The ability to perform strength exercises at speed.</i>
	<i>The ability to exercise the whole body for long periods of time without tiring.</i>
	<i>The ability to perform a movement quickly.</i>

Identify what component of fitness these sports use

	rowers, cyclists and rock climbers,
	throws and jumps in basketball and boxing.
	gymnastics, diving and martial arts.
	marathon runners, triathletes and games players
	weight lifting, rugby, gymnastics and football.
	100m sprint, baseball pitch and badminton smash.

Skill Related Fitness includes the following components;

Identify the following definitions

	<i>Being able to maintain a position either static or dynamic.</i>
	<i>The ability to change the body position quickly under control.</i>
	<i>The time it takes to respond to a stimulus.</i>
	<i>The ability to use two or more body parts at the same time.</i>

Identify what component of fitness these sports use

	gymnastics, team sports and slalom skiing.
	racket sports, catching and throwing.
	team sports, racket sports and gymnastics
	sprinting, motor sport, cricket and tennis