

Components of Physical Fitness-Learning Homework-Year 8

You need to learn the following components of PHYSICAL and SKILL related fitness.

Aerobic Endurance- the ability of the cardio respiratory system to work efficiently, supplying nutrients and oxygen to working muscles during sustained physical activity.

Muscular Endurance- 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.

Flexibility- having an adequate range of motion in all joints of the body; the ability to move a joint fluidly through its complete range of movements.

Speed- 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 the speed.

Muscular Strength- the maximum force (in Kg or N) that can be generated by a muscle or muscle group.

Body Composition- the relative ratio of fat mass to fat-free mass in the body.

Components of Skill related fitness

Agility-the ability of a sports performer to quickly and precisely move or change direction without losing balance or time.

Balance- The ability to maintain a centre of mass over a base of support.

Coordination- the smooth flow of movement needed to perform a motor task efficiently and accurately.

Power-the product of strength and speed

Reaction Time- the time taken for a sports performer to respond to a stimulus and the initiation of their response.