

3.2

The components of fitness

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Balance

Definition ability to keep the body stable static balance, dynamic balance

Which performers would benefit? gymnastic routines such as handstands

cardiovascular endurance

Definition aerobic power, ability of the heart and lungs to supply oxygen to working muscles

Which performers would benefit? long distance runners

coordination

Definition ability to use two or more body parts together

Which performers would benefit? tennis players using hands, arms, legs and feet

Agility

Definition the ability to move and change direction quickly while keeping control

Which performers would benefit?

basketball players when moving with the ball

Components of fitness

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graph TD; A[Components of fitness] --> B[Balance]; A --> C[cardiovascular endurance]; A --> D[coordination]; A --> E[Agility]; A --> F[Flexibility];
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Flexibility

Definition the range of movement possible at a joint

Which performers would benefit?

dancers when trying new positions for a routine

3.2

The components of fitness

Strength

Definition

the ability to overcome resistance
maximal strength, static strength
explosive strength, dynamic strength

Which performers would benefit?

weightlifters when lifting a heavier weight

Revision technique: spider diagrams

Spider diagrams help to organise your notes in a concise, structured way and your memory can often recall a spider diagram more easily than a page of notes.

Do you like this technique? Does it work for you? 😞 😊 😊

speed

Definition

$\text{speed} = \text{distance} \div \text{time}$

Which performers would benefit?

rugby players when running with the ball to score

Reaction time

Definition

the time taken to respond to a stimulus

Which performers would benefit?

goalkeeper, sprinter when beginning the race

Power

Definition

$\text{power} = \text{strength} \times \text{speed}$

Which performers would benefit?

a high jumper when trying to get enough height to clear the bar

Muscular endurance

Definition

ability for muscles to undergo repeated contractions, avoiding fatigue

Which performers would benefit?

gymnastics routines where you cannot stop due to fatigue