

## Task 1 – components of fitness

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At hogsmore academy they have noticed a decline in the number of pupils participating in physical activities. For my chosen physical activity, I have chosen orienteering. This is because it is an excellent activity for children to take part in and has many components of fitness to learn. Orienteering is an effortless way for children to learn how to get along and be competitive at the same time.

One of the first of many components of fitness needed when competing in orienteering is being able to run for a long time. Aerobic endurance is being able to run or jog around for a prolonged period without getting tired, it is also the ability of the cardiorespiratory system to supply the working muscles oxygen to ensure the last long time without getting fatigued. A fitness test to improve aerobic endurance is the yoyo test. The students when competing in orienteering would need aerobic endurance to be able to go to all the areas on the map and collect the stamps. The impact of not having aerobic endurance or a little amount would cause your working muscles like your calves to start to get sore and fatigued, this would make you and your teammate become slower and overall will not have a chance to complete it first. This is important to have because you need to be able to run and jog all the time to ensure you get the highest time scored. The impacts of having low stamina would be that you will be stopping all the time to try and catch your breath and have muscle fatigue. The cost of this is that it makes other teams have a better chance of beating you as they are faster to complete the course. the impacts it would have on the school would be that by training your stamina would make you last longer when running in pe. When you train it makes you feel better and better in the morning.

Evidence towards MB4

Another key component of fitness used in orienteering is speed. A participant would need speed to complete the tasks quicker and beat other players to the stamp's location giving them more time to look for it. Speed is the distance divided by the time to reduce the time taken to move the body or body parts in an event or game. A good fitness test for speed is the fifty-metre sprint which involves the person to run flat out for fifty metres. The impacts of not having speed would conclude that other people would be able to run past you and you would not be able to catch up to people. When running, use a certain style this can give you an advantage over other participants, this is because if you are taller and have a longer stride you are able to run faster and for a longer period, this will reduce the time taken to get to the stamp.

Evidence  
towards  
MB3

A vital component of fitness when participating in orienteering is body composition. This is important when participating because if you have certain body types it could affect your results when playing. For example, a mesomorph body style would have broad shoulders, slim waste and be powerful meaning they would be able to run for a long time without feeling fatigued because they have equal weight all around and low body fat percentage. Another body type would be endomorph this is a blocky body type with a thick body and wide joints, this is a body type that you would not want if you participate in orienteering. The impacts of a stocky body and thick joints would mean that you will not be able to run fast, will not be able to have a lot of aerobic endurance and stamina and people with this body type will not be able to accelerate fast. Evidence towards MB4

Without all these components of fitness the participant would not be able to perform to their full potential and will not be as good as their classmates and quite possibly let their team down. With the components that are power, body composition, speed, and aerobic endurance you would surely have a good chance in becoming the best.

Task 1 - Mark Band 4 - 11 marks