Physical related components of fitness

Muscular Endurance
Body Composition
Speed
Aerobic Endurance
Flexibility
Muscular Strength 1

Aerobic Endurance 2
The ability of the cardiorespiratory system to supply oxygen and nutrients to the muscles to sustain low to medium intensity work to delay fatigue.

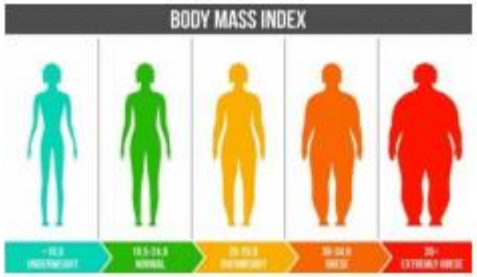
Muscular Endurance 3
The ability of the muscular system to continue to contract at a light to moderate intensity to allow repetitive movements throughout a long event or game.

Muscular Strength 4
The maximum force that can be generated by a muscle or muscle group to improve forceful movements within an activity.

Speed 5
Distance divided by time to reduce time taken to move the body or a body part in an event or game.

Flexibility 6
The range of motion possible at a joint to allow improvements in technique.

Body Composition 7
The relative ratio of fat mass to fat-free mass in the body allowing variation in body composition dependent on the sport.



Skill related components of fitness

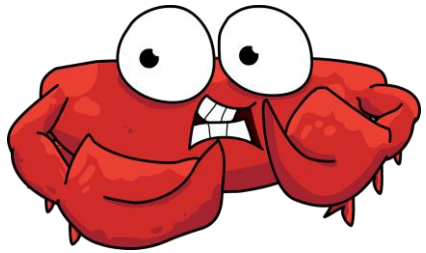
Agility
Balance
Co-ordination
Power
Reaction Time 8

Power 9
The product of speed and strength to allow for explosive movements in sport.

Co-ordination 10
The ability to move two or more body parts at the same time smoothly and efficiently, to allow effective application of technique.

Reaction Time 11
The time taken between a stimulus and the start of a response, useful in fast-paced sports to make quick decisions about what to do.

Agility 12
The ability to change direction quickly to allow performers to out-manoeuvre an opponent.

Balance 13
The ability to maintain centre of mass over a base of support, useful to maintain positions in performance sports (static balance) or when on the move in any other sporting situation (dynamic balance).

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