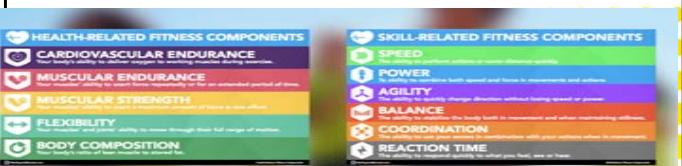


Skill components of fitness	Health components of fitness	Key Terms
<p>Agility is the ability of a sports player to move and change direction at speed</p> <p>Example is dodge in netball and to get away from an opponent</p>	<p>Cardiovascular endurance Is the ability to continuously exercise without tiring. The test is 12-minute cooper run.</p> <p>For example, a centre midfielder running up and down the pitch throughout the game</p>	<p>Heart rate is the number of times the heart beats in a minute . The average range for heart rate is 60-90 beat per minute. The average for an adult is 72 beat per minute BPM.</p>
<p>Balance is the ability to keep the body stable, when still or on the move</p> <p>Example is holding a balance in gymnastics</p>	<p>Muscular Endurance The ability of the muscles or group of muscles in the body to repeatedly contract or keep without rest. The Test is 1 minute press up or 1 minute sit up.</p> <p>For example, the muscles repeatedly contracting while running</p>	<p>Breathing rate is the number of times you breathe in and out in one minute. When you exercise and your muscles work harder, your body uses more oxygen and produces more carbon dioxide. To cope with this extra demand, your breathing has to increase from about 15 times a minute</p>
<p>Coordination is the ability to use two or more body parts at the same time</p> <p>For example, in badminton performing a rally</p>	<p>Flexibility This the range of movement possible at a joint</p> <p>For example, in tennis, stretching for a shot to make good contact.</p>	<p>Maximum Heart rate – To estimate your maximum heart rate you must subtract your age from 220. Your resting heart rate is the number of times your heart beats per minute when you're at rest</p>
<p>Power is the ability to combine strength with speed Power = Strength X Speed</p> <p>For example, a sprinter <u>bursting</u> out of the blocks</p>	<p>Muscular Strength Is The amount of force a muscle can exert in a short period of time. The test is the hand grip dynamometer. For example, a lift in dance</p>	<p>Training zone - Heart rate zones, or HR zones, are a way to monitor how hard you're training. There are five heart rate zones based on the intensity of training with regard to your maximum heart rate.</p>
<p>Reaction Time is the time it takes to respond to a stimulus, such as a ball coming towards you when fielding. For example, a goalkeeper in football, reacting to a shot</p>	<p>Body Composition Measures how much of the body is made up of muscle or fat. For example, a high jumper needs low body fat</p>	<p>Cardiovascular system is responsible for the circulation oxygen and nutrients around the body</p>
<p>Speed is how fast the muscles repeatedly contract over a period of time.</p> <p>For example, sprinting past a defender in hockey.</p>		<p>Respiratory system is responsible for the delivery of oxygen and the removal of waste products like carbon dioxide.</p>

Self-Quiz Questions	Self-Quiz Questions
Which of these athletes events would need cardiovascular endurance High Jump – Shot Put - marathon run	1. What is the equation for maximum heart rate?
2. Which of these athletes events would need muscular strength High Jump – Shot Put - Marathon run	2. Describe what is a target training zone.
3. Why would a high jumper need power?	3. Which target zone do you need to get into, to improve cardiovascular endurance?
4. What is the definition of flexibility?	4. Name one test for muscular endurance
5. What is the definition of body composition?	5. Name a test for flexibility
6. What is the equation for power	6. Define the term breathing rate
7. What is the definition of coordination	7. What is the average time the heart beats a minute at rest 0-30 30-60 60-90 90-120 120 - 150
8. Is coordination a health or skill related component	8. What does BPM stand for?
9. Is body composition a health or skill related component	9. Name the 5 healthy components of fitness
10. Is Strength a health or skill related component	10. Name the 6 skill related components of fitness
Total score	Total score