

Sport

Components of Fitness

**When designing fitness plans, it is essential we know the different components of fitness. Having a good understanding of these will enable us to plan specific training methods to reach our goals.**

**Task 1**

**Draw a line to the correct principle of training and match the definition.**

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| **Flexibility** |  | **Ability to repeat a series of muscle contractions without fatiguing.** |
| **Speed** |  | **The ability to exercise continuously for extended periods without tiring.** |
| **Strength** |  | **The range of motion in a joint or group of joints or the ability to move joints effectively through a complete range of motion** |
| **Power** |  | **Ability to carry out work against a resistance** |
| **Muscular Endurance** |  | **Ability to exert a maximal force in as short a time as possible, as in accelerating, jumping and throwing implements.** |
| **Aerobic Endurance** |  | **The ability to move quickly across the ground or move limbs rapidly to grab or throw.** |

**Task 2 (A)**

**From the list of fitness components, you are now required to select three that you feel are the most important in a chosen sport.**

***Chosen Sport:***

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**Identify the three most important components of fitness:**

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**Task 2 (B)**

**Explain why your chosen three components are the most important for the sport of your choice** *(discuss when and how you may use the component of fitness during competition, giving examples)***:**

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