



Unit 1.2.a – The Components of Fitness

For this unit you need to be able to...

Learning Outcomes:	Covered?	Confident?
To describe the relative importance of the components of fitness for physical activity and sport. (7-8)		
To be able to interpret data relating to fitness tests and analyse against normative values. (5-6)		
To understand the individual testing protocols for the components of fitness. (3-4)		
To know and understand the components fitness. (1-2)		



Name:

My Target Grade:

The Components of Fitness

Every sport requires different components of fitness depending on the demands of that event.

These can either be used on their own or in combination with each other.

The components:

M

F

R

P

A

S

C


C


S


B

How can we remember these?



<p>Component: Cardiovascular Endurance</p>	<p>Definition (1-2):</p>
<p>Additional Information:</p>	
	
<p>Sport/Video 1:</p>	<p>How does this performer use this component? (5-6) Why is it important?</p>
<p>Sport/Video 2:</p>	<p>How does this performer use this component? (5-6) Why is it important?</p>
<p>What other sports would you be suited too if you had a high rating in this component?</p>	
<p>Give your own sporting example of when this component is needed. Evaluate the importance of this component to this sport. (7-8)</p>	
<p>Cardiovascular endurance is more important to marathon runners than sprinters. Discuss this point.</p>	

<p>Component: Muscular Endurance</p>	<p>Definition (1-2):</p>
<p>Additional Information:</p> 	
<p>Sport/Video 1:</p>	<p>How does this performer use this component? (5-6) Why is it important?</p>
<p>Sport/Video 2:</p>	<p>How does this performer use this component? (5-6) Why is it important?</p>
<p>What other sports would you be suited too if you had a high rating in this component?</p>	
<p>Give your own sporting example of when this component is needed. Evaluate the importance of this component to this sport. (7-8)</p>	
<p>Muscular endurance is more important to boxers than shot putt throwers. Discuss this point.</p>	

<p>Component: Speed</p>	<p>Definition (1-2):</p>
<p>Additional Information:</p>	
	
<p>Sport/Video 1:</p>	<p>How does this performer use this component? (5-6) Why is it important?</p>
<p>Sport/Video 2:</p>	<p>How does this performer use this component? (5-6) Why is it important?</p>
<p>What other sports would you be suited too if you had a high rating in this component?</p>	
<p>Give your own sporting example of when this component is needed. Evaluate the importance of this component to this sport. (7-8)</p>	
<p>Speed is more important to long jumpers than javelin throwers. Discuss this point.</p>	

<p>Component: Strength</p>	<p>Definition (1-2):</p>
<p>Additional Information:</p> <p>Maximal Strength: The greatest force that is possible in a single maximum contraction</p> <p>Explosive Strength: Uses strength in a short, fast burst of maximum effort.</p> <p>Dynamic Strength: This type of strength is used in events that take a long period of time to complete</p> <p>Static Strength: Static strength takes place when the muscle length stays the same. It is used to stabilise the body.</p>	
<p>Sport/Video 1:</p>	<p>How does this performer use this component? (5-6) Why is it important?</p>
<p>Extension Task:</p>	<p>How does a sprinter, rugby player, weight lifter show strength in their activity? (5-6)</p>



What other sports would you be suited too if you had a high rating in this component?

Give your own sporting example of when this component is needed. **Evaluate** the importance of this component to this sport. (7-8)

Component: Power	Definition (1-2):
Additional Information:	
Sport/Video 1:	How does this performer use this component? (5-6) Why is it important?
Sport/Video 2:	How does this performer use this component? (5-6) Why is it important?
What other sports would you be suited too if you had a high rating in this component?	
Give your own sporting example of when this component is needed. Evaluate the importance of this component to this sport. (7-8)	
How is power used to perform well in a rugby match?	



Extension task:

How does a basketball player, javelin thrower and tennis player show power in their activity? (5-6)

Mini Quiz

1. List 5 components of fitness we have learnt so far.

2. Which component is 'the ability to move quickly across the ground or move limbs rapidly through movements.'?

3. Explain a sporting example of someone who would need cardiovascular endurance.


4. Which component is 'a combination of strength and speed'?


5. Explain a sporting example of someone who would need muscular endurance.

6. Explain a sporting example of someone who would need speed.

7. Explain a sporting example of someone who would need strength.


8. Explain a sporting example of someone who would need power.

Component: Flexibility	Definition (1-2):
Additional Information:	
	
Sport/Video 1:	How does this performer use this component? (5-6) Why is it important?
Sport/Video 2:	How does this performer use this component? (5-6) Why is it important?
What other sports would you be suited too if you had a high rating in this component?	
Give your own sporting example of when this component is needed. Evaluate the importance of this component to this sport. (7-8)	
Extension: How does a sprinter and a gymnast in a floor routine show flexibility in their activity?	

<p>Component: Agility</p>	<p>Definition (1-2):</p>
<p>Additional Information:</p>	
	
<p>Sport/Video 1:</p>	<p>How does this performer use this component? (5-6) Why is it important?</p>
<p>Sport/Video 2:</p>	<p>How does this performer use this component? (5-6) Why is it important?</p>
<p>What other sports would you be suited too if you had a high rating in this component?</p>	
<p>Give your own sporting example of when this component is needed. Evaluate the importance of this component to this sport. (7-8)</p>	
<p>Agility is more important to rugby players than sprinters. Discuss this point.</p>	

Component: Balance	Definition (1-2):
Additional Information:	
Sport/Video 1:	How does this performer use this component? (5-6) Why is it important?
Sport/Video 2:	How does this performer use this component? (5-6) Why is it important?
What other sports would you be suited too if you had a high rating in this component?	
Give your own sporting example of when this component is needed. Evaluate the importance of this component to this sport. (7-8)	
When would balance be used in netball, basketball or football?	



Component: Coordination	Definition (1-2):
Additional Information:	
	
Sport/Video 1:	How does this performer use this component? (5-6) Why is it important?
Sport/Video 2:	How does this performer use this component? (5-6) Why is it important?
What other sports would you be suited too if you had a high rating in this component?	
Give your own sporting example of when this component is needed. Evaluate the importance of this component to this sport. (7-8)	
Is coordination more important to a tennis player or a runner? Why?	

Component: Reaction Time	Definition (1-2):
Additional Information:	
Sport/Video 1:	How does this performer use this component? (5-6) Why is it important?
Sport/Video 2:	How does this performer use this component? (5-6) Why is it important?
What other sports would you be suited too if you had a high rating in this component?	
Give your own sporting example of when this component is needed. Evaluate the importance of this component to this sport. (7-8)	
Is reaction time more important to a tennis player or a runner? Why?	



Applying the Components to Sporting Examples

Task: Read the scenarios in the text messages from David De Gea and Dom Manfredi and suggest **two** components they should would on and why.



Blank lined area for writing an answer to the message from David De Gea. The area contains 20 horizontal lines. At the bottom right corner, there is a small text "/4".



Blank lined area for writing an answer to the message from Dom Manfredi. The area contains 20 horizontal lines. At the bottom right corner, there is a small text "/4".

Application of the components of fitness to Jason Robinson:



Mini Quiz

1. List the 10 components of fitness.
2. Which component is 'the ability to move two or more body parts at the same time'?
3. Explain a sporting example of someone who would need agility.
4. Which component is 'the ability of the performer to retain their centre of mass over their base of support without falling.'?
5. Explain a sporting example of someone who would need reaction time.
6. Explain a sporting example of someone who would need balance.
7. Explain a sporting example of someone who would need flexibility.
8. Explain a sporting example of someone who would need coordination.

The Relative Importance of the Components of Fitness

Task: Rank the sports listed in order of who is most likely to use/need the components on the board to who is least likely to use/need it. Rank these 1 (most important) to 8 (least important). Write in the component in the blank column.

Sport	A	R.T.	C.E.	M.E.	Most important component and explanation why.
Long distance running					
Rugby					
Swimming					
Netball					
Diving					
Gymnastics					
Boxing					
Tennis					



Fitness Testing

What is the purpose of fitness testing?

Once fitness test results are collected they need to be interpreted against a set of published standardised readings, like the ones in the tables we looked at earlier in the unit.

First Thoughts: Why might we compare our results against standardised readings?

There are three terms to be aware of when considering fitness test results.

- Validity -

- Reliability -

- Practicality -

Validity, reliability and practicality can be improved by:

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