

## Health & Skill Related Fitness—Activity 4

Name \_\_\_\_\_ Date \_\_\_\_\_ Class Period \_\_\_\_\_

### Components of Skill-Related Fitness

Health Components	Skill Components
Cardiovascular Fitness	Agility
Muscular Strength and Endurance	Balance
Flexibility	Power
Body Composition	Speed
	Coordination
	Reaction Time

**Fitness** is a condition in which an individual has sufficient energy to avoid fatigue and enjoy life.

**Physical fitness** is divided into four health and six skill-related components. **Skill- or performance-related fitness** involves skills that will enhance one's performance in athletic or sports events. **Health-related fitness** involves skills that enable one to become and stay physically healthy.

#### Six Components of Skill-Related Fitness

There are six skill-related fitness components: agility, balance, coordination, speed, power, and reaction time. Skilled athletes typically excel in all six areas.

- **Agility** is the ability to change and control the direction and position of the body while maintaining a constant, rapid motion. For example, changing directions to hit a tennis ball.
- **Balance** is the ability to control or stabilize the body when a person is standing still or moving. For example, in-line skating.
- **Coordination** is the ability to use the senses together with body parts during movement. For example, dribbling a basketball. Using hands and eyes together is called hand-eye coordination.
- **Speed** is the ability to move your body or parts of your body swiftly. Many sports rely on speed to gain advantage over your opponents. For example, a basketball player making a fast break to perform a lay-up, a tennis player moving forward to get to a drop shot, a football player out running the defense to receive a pass.

## Health & Skill Related Fitness—Activity 4

Name \_\_\_\_\_ Date \_\_\_\_\_ Class Period \_\_\_\_\_

- **Power** is the ability to move the body parts swiftly while applying the maximum force of the muscles. Power is a combination of both speed and muscular strength. For example, fullbacks in football muscling their way through other players and speeding to advance the ball and volleyball players getting up to the net and lifting their bodies high into the air.
- **Reaction Time** is the ability to reach or respond quickly to what you hear, see, or feel. For example, an athlete quickly coming off the blocks early in a swimming or track relay, or stealing a base in baseball.

### Six Components of Skill-Related Fitness Activity

The purpose of this activity is to help you gain an understanding of what happens to your heart rate when you perform activities to develop the six components of skill-related fitness. Perform each activity as fast and as many times as you can for 30 seconds. Use your heart rate monitor, and record your heart rate before and immediately after the activity. Also, make a note if you were winded at the end of an activity. Between each exercise, walk slowly and allow your heart rate to go below 125 if possible. If your heart rate is over 125 at the end of an exercise, record how long it takes to get below 125.