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.

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- **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.

Health & Skill Related Fitness—Activity 4

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Activity	Time	Component of Skill-Related Fitness	Heart Rate Before	Heart Rate After	Breathing Notes	Time to Get Heart Rate Below 120 BPM
Tire Drill Run through tires (hoops or ladder).	30 seconds	Agility				
Weave Through Cones Run as fast as you can weaving through cones.	30 seconds	Agility				
Balance at Three Levels Use balance board or block. Move to a low level and balance (10 seconds). Move to a medium level and balance (10 seconds). Move to a high level and balance (10 seconds).	30 seconds	Static (Still) Balance				
Baseball Pitch Perform the motion of a baseball pitcher. Go from a balanced knee-up position to a dynamic motion of the pitch, to a balanced position at the end of the follow-through. Repeat.	30 seconds	Dynamic (Moving) Balance				
Wall Ball Throw ball against wall and move to try and catch the ball. If possible, use specially made ball that causes irregular bounce.	30 seconds	Eye-Hand Coordination				
Soccer Tap Place soccer ball on ground in front of you. Tap right toe then left toe on top of the ball. Alternate taps and go as fast as you can.	30 seconds	Eye-Foot Coordination				
Sprints Perform short sprints (about 8 yards). As soon as you finish one sprint, sprint back to the starting line. Repeat for time period.	30 seconds	Speed				
Shuttle Run Perform shuttle run between two lines.	30 seconds	Speed				
Skip with Knee Lifts Perform skipping motion with high knee lifts.	30 seconds	Power				
Jump Up to Box Perform jumps to an elevated surface (approximately 1–2 feet). Step down and jump again. Repeat for time period.	30 seconds	Power				
Drop and Catch Hold a ball in one hand and drop. Attempt to catch the ball with the same hand just before it hits the ground.	30 seconds	Reaction Time				
Grab the Bean Bag Work with a partner. Both in push-up position facing each other with a bean bag placed between the two of you. See who can grab the bean bag the fastest.	30 seconds	Reaction Time				

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In what activities did your heart rate reach above 180? Why do you think that occurred?

_____

_____

In what activities did your heart rate reach from 150 to 180? Why do you think that occurred?

_____

_____

In which activities did you feel winded or out of breath? Why do you think that happened?

_____

_____

In what activities did your heart rate remain below 125? Why do you think that occurred?

_____

_____

Evaluation

1. Why do athletes or athletic individuals need skill-related fitness?

_____

_____

2. Can others, besides athletes, benefit from skill-related fitness? Why?

_____

_____

3. Do you think that skill-related fitness could also be a health-related fitness component? Explain.

_____

_____