

# Components of Physical Fitness

## Flexibility

The range of movement possible at a joint



## Aerobic Endurance

Ability of heart and lungs to supply oxygen to the working muscles



## Body Composition

The percentage of body weight that is muscle, fat or bone



## Muscular Endurance

The ability of a muscle or muscle group to undergo repeated contractions avoiding fatigue

## Muscular Strength

The ability to overcome a resistance



## Speed

The rate at which an athlete can perform a movement or cover a distance

# A1 COMPONENTS OF FITNESS

## Coordination

The ability to use two or more body parts together at the same time

# Components of Skill-Related Fitness

## Power

The ability to undertake strength performances quickly  
 $\text{Power} = \text{Strength} \times \text{Speed}$



## Agility

The ability to move and change direction quickly whilst maintaining control

## Reaction Time

The time taken to initiate a response to a stimulus



## Balance

Maintenance of the centre of mass over the base of support

