



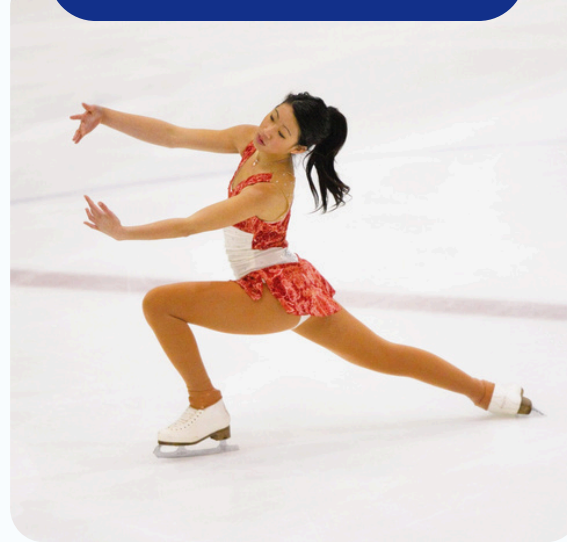
Winter Olympics - Components of Fitness

Athletes at the Winter Olympics compete in very different events, each requiring a specific combination of physical and skill-related fitness components.

Cross-country Skiing



Figure Skating



Downhill Skiing



Identify two key components of fitness required for each of the three events.

If an athlete switched from downhill skiing to cross-country skiing, which components of fitness would they need to improve most?

Which event places the greatest overall physical demand on the athlete? Justify your answer using fitness components.