



	Component	Definition	Sporting Example
1	Body Composition	A measure of the percentage of fat, muscle, bone, water and vital organs that make up your body weight.	Body composition is specific to individual sports. Sportsmen and women require a suitable body composition for their sport. For example; a rugby player requires a larger proportion of muscle than a dancer.
2	Coordination	The ability to move two or more body parts together, accurately and smoothly.	Tennis players require excellent levels of coordination to be able make contact with the ball and racket at the same time when performing shots.
3	Power	The ability to combine strength with speed to perform a strong muscular contraction very quickly.	Long jumpers require great amounts of power to be able to push off the ground to propel themselves into the air in order to travel a long distance in their jump .
4	Reaction Time	The amount of time it takes you to respond to a stimulus.	Sprinters require excellent levels of reaction time to be able to get out of their starting blocks as quickly as possible at the beginning of a race.
5	Speed	The rate at which your body, or part of your body, is able to perform a movement.	Rugby players , particularly wingers, require high levels of speed to be able to travel down the wing at a fast pace to be able to score a try.
6	Balance	Your ability to keep your body steady, both when in a static position and when moving.	Dancers require large amounts of balance to ensure that they maintain control when in a static position, such as standing on one leg.
7	Agility	A measure of how quickly you can change the position of your body, while keeping your entire body under control.	Footballers require high levels of agility to be able to change direction at speed when running with the ball to get around their opponents .
8	Flexibility	The ability of your joints to move through their full range of movement.	Gymnasts require large amounts of flexibility to be able to move their joints through their full range of motion when performing moves and routines.
9	Muscular Endurance	A measure of the length of time your voluntary muscles can contract without getting tired. This can be repeated muscle contractions, or one contraction held for a period.	Boxers require good muscular endurance to be able to repeatedly contract their muscles when throwing punches many times without getting tired.
10	Strength	The amount of force a muscle can generate when it contracts to overcome resistance.	Powerlifters require excellent muscular strength to be able to generate large amounts of force when lifting heavy weights .
11	Cardiovascular Fitness	A measure of how efficiently your body can deliver oxygen and nutrients, such as glucose, to your working muscles during exercise, and also carry away waste products.	Marathon runners require excellent cardiovascular fitness to be able to run for the entire duration of the race without getting tired .

ASSESSMENT

For your end of unit (half term) assessment, you will be required to complete the following task:
Multiply choice test on components of fitness and fitness testing.



Fitness Testing (2)				
	Component	Test	Advantages	Disadvantages
1	Body Composition	BMI	Minimal equipment needed. Can be performed anywhere.	Specialist equipment required - Scales & Tape Measure
2	Coordination	Alternate Hand Wall Toss Test	Minimal equipment needed. Can be performed anywhere.	Assistant required to administer the test.
3	Power	Vertical Jump Test	Quick and easy to perform.	Technique plays a big part in achieving a good score, because the performer must mark the wall at the top of the jump.
4	Reaction Time	Ruler Drop Test	Minimal equipment needed. Can be performed anywhere.	Assistant required to administer the test.
5	Speed	30m Sprint Test	It can be performed anywhere where there is a flat surface which is 50m long.	The running surface and weather conditions can affect the results.
6	Balance	Stork Balance Test	Minimal equipment needed. Can be performed anywhere.	Assistant required to administer the test.
7	Agility	Illinois Agility Run Test	Minimal equipment needed. Can be performed anywhere.	Assistant required to administer the test.
8	Flexibility	Sit and Reach Test	It is easy and quick to perform. There is lots of published data for comparison.	The test only focuses on the flexibility of the lower back and hamstrings.
9	Muscular Endurance	1-Minute Sit-Up Test	It is simple to perform and requires very little equipment. Large groups can be tested at once.	It can be difficult to determine when a correct sit-up has been performed.
10	Strength	Grip Dynamometer	It is a simple test, which is easy to conduct. There is a lot of normative data to use for comparison.	it only focuses on forearm and hand strength and does not consider other parts of the body.
11	Cardiovascular Fitness	12 Minute Cooper Run	Large groups can perform at the same time and it is simple to perform.	Keeping track of an individual's lap number can be difficult when there is a large group performing the test at the same time.