

Components of fitness: Definitions

<u>Cardiovascular endurance</u> The ability to continuously exercise without tiring	<u>Muscular endurance</u> The ability of a group of muscles to repeatedly contract without tiring	<u>Speed</u> The ability of the body or parts of the body to move quickly
<u>Strength</u> The ability of the muscles to exert force	<u>Power</u> The combination of strength and speed	<u>Flexibility</u> The range of motion around a joint
<u>Agility</u> The ability to change direction at speed	<u>Balance</u> The ability to keep centre of mass over base of support	<u>Co-ordination</u> The ability to repeat a sequence of movements with fluency and accuracy
<u>Reaction time</u> The time it takes to initiate an action or movement		


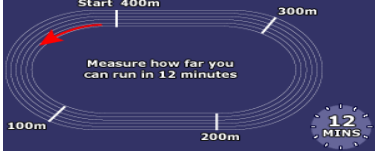
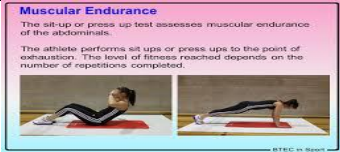






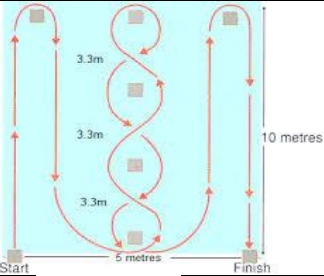


Types of Training

<u>Continuous training</u> Steady state Low-moderate intensity Prolonged period of time (20min+) Jogging, swimming, cycling and rowing Endurance athletes	<u>Fartlek training</u> Continuous steady state with random higher intensity periods Known as “speed play” Adds variety Improves cardiovascular endurance and anaerobic fitness Hill running and jogging with fast sprints	<u>Interval training</u> Periods of exercise followed by periods of rest Aerobic and anaerobic performers Intensity and duration of rest can be altered Commonly used by games players Jogging then walking, swimming at higher then lower intensities and rowing then resting
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Types of Interval Training

<u>Circuit training</u> A series of exercise stations arrange in specific order to usually alternate muscle groups	<u>Weight training</u> Series of exercises organised into sets of repetitions with intensity and recovery time specific to the individual (Improves strength and muscular endurance)	<u>Plyometrics</u> A series of explosive exercises to improve the speed at which a muscle contracts, includes hopping, bounding and jumping (sprinters, jumpers or throwers)	<u>High-intensity interval training (HIIT)</u> Repeated periods of high intensity exercise followed by varied recovery times. Usually 80% MHR for several minutes then 50%MHR recovery for same time
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Fitness Tests

Cardiovascular endurance Multi stage fitness test Cooper 12 minute run	 
Muscular endurance Press up test Sit up test	
Speed 30m sprint test	
Strength Hand Grip dynamometer One repetition maximum	 
Power Standing jump test Vertical jump test	 
Flexibility Sit and Reach test	
Agility Illinois agility test	
Balance Stork Stand Test	
Co-ordination Hand-to wall toss	
Reaction Time Ruler drop test	