

**R181 TA1 - Task 1 and Task 2**  
**Components of fitness applied**

<b><u>Components</u></b>	<b><u>Definition</u></b>	<b><u>Sporting Examples</u></b>	<b><u>Fitness Test</u></b>
<b>Cardiovascular Endurance</b>	The ability of the heart and lungs to get oxygen to the working muscles and for use by the body.	Long distance running, swimming, cycling and team games such as football, rugby, hockey and netball.	Multistage fitness test / bleep test
<b>Muscular Endurance</b>	The ability of a muscle to sustain repeated contractions.	Road cycling, long distance running, rowing, swimming and cross country skiing.	30 second sit up test / one minute push up test
<b>Coordination</b>	The ability to use two or more body parts together smoothly and efficiently.	Moving both arms and legs when running, using hands and eyes to catch a ball and eyes and feet to kick a ball.	Anderson wall toss test
<b>Flexibility</b>	The range of movement possible at a joint.	Performing the splits in gymnastics, a goalkeeper reaching high for a cross in football and butterfly in swimming.	Sit and reach test
<b>Muscular Strength</b>	The extent to which a muscle or muscle group can contract against a resistance.	Restraining an opponent in rugby, holding a weight above your head when lifting weights, pulling an oar through the water and hitting a tennis ball hard when returning a serve.	Handgrip dynamometer test
<b>Power</b>	The exertion of rapid muscular strength; it can be remembered as strength x speed.	Sprint start, punching and opponent quickly in boxing and releasing a javelin to maximise the length of the throw.	Vertical jump test
<b>Reaction Time</b>	The time taken from the onset of a stimulus to the start of the reactive movement.	Sprint start of 100m, time to react to a tennis ball being hit and move to defend an opponent.	Ruler drop reaction time test
<b>Balance</b>	The ability to maintain a position; this involves maintaining the centre of mass over the base support.	Holding a handstand in gymnastics, a position in dance or balancing on the edge of the platform when high diving.	Standing stork test
<b>Speed</b>	The maximum rate at which an individual is able to perform a movement.	Athletics sprinting events, long jump (run up), rugby to evade tacklers and hockey chasing after the ball.	30m speed test
<b>Agility</b>	The ability to move and change direction quickly while maintaining control.	Slalom run in skiing, changing direction to return a serve in tennis and changing direction to get around a player in rugby.	Illinois agility test