Health - A state of complete physical, mental and social well-being and not just the absence of disease or illness.

Fitness - The ability to meet, or cope with, the demands of the environment

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| **Component of Fitness** | **Definition** | **Example in sport** | **Fitness Test** |
| **Strength** | The ability to overcome resistance. There are 4 types of strength:  **Maximal strength**: Greatest force possible in a single maximum muscle contraction  **Static strength**: The amount of force exerted on an object you cannot move  **Explosive strength**: The amount of force exerted in one quick muscle contraction  **Dynamic strength**: The amount of force that can be exerted repeatedly by a muscle | Weight lifting  Rugby Scrum  100m Start | C:\Users\MWilkinson\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\IACH8RA0\image2 (004).JPGMaximal - One Rep Max test  C:\Users\MWilkinson\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\IACH8RA0\image1 (006).JPGHand Grip Dynamometer |
| **Speed** | The maximum rate at which an individual is able to perform a movement or cover a distance in a period of time. | 100m Sprinter | 30m Sprint test |
| **Cardiovascular Endurance (stamina)** | It is the ability of the heart and lungs to supply oxygen to the working muscles. | Marathon runner | Multi stage fitness test (bleep test) |
| **Muscular Endurance** | The ability of a muscle or muscle group to perform repeated contractions, avoiding fatigue. | Rower  Gymnast | Sit up bleep test |
| **Flexibility** | The range of movement possible at a joint. | Tennis player reaching return a shot. | Sit and Reach Test |
| **Power** | Is the product of strength and speed.  Power = Strength x Speed | High Jump | Vertical Jump test |
| **Coordination** | Is the ability to use two or more parts of the body together, smoothly and efficiently. | Tennis player retuning a shot (hand-eye) | Wall Toss Test |
| **Balance** | The ability to keep the body stable by maintaining the centre of mass over the base of support. There are 2 types   1. **Static Balance** : Little or no movement 2. **Dynamic Balance** : When movement takes place during a balance | Holding a handstand  Performing a cartwheel | Standing Stork Test  Image result for standing stork test |
| **Agility** | The ability to move and change direction quickly, at speed, while maintaining control. | Basketball player dodging a defender on court | Illinois Agility Test |
| **Reaction time** | The time taken to respond a stimulus. | Goal keeper moving off their line when a shot is taken. | Ruler drop test |

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| **Reasons for Fitness Testing** | | | |
| **Identifying strengths and weaknesses to inform training requirements** | **To motivate the performers** | **Establishing a starting level of fitness and monitoring improvement** | **To help provide variety to the performer – they can work on different elements.** |

**Quantitative data:** Data that focuses on measuring things and involves numbers. Quantitative data involves facts and, therefore, gives you an objective answer to your question.

**Qualitative data:** Data that focuses on understanding things; it involves descriptions about people’s opinions, about the way they feel, think and behave. Analysing qualitative data gives you a subjective answer to your question.