


# GCSE Physical Education – The Components of fitness

## ACROYNYM!

C	Cardiovascular Endurance
C	Co-ordination
R	Reaction time
A	Agility
M	Muscular endurance
P	Power
S	Strength
S	Speed
F	Flexibility
B	Balance

## Definitions of components of fitness

<b>Cardiovascular Endurance / Stamina</b>	The ability to continuously exercise without tiring
<b>Co-ordination</b>	The ability to repeat a pattern or sequence of movements with fluency and accuracy
<b>Reaction time</b>	The time it takes for you to initiate an action or movement
<b>Agility</b>	The ability to quickly change direction under control while maintain speed, balance and power
<b>Muscular Endurance</b>	The ability of the muscle or a group of muscles to repeatedly contract or keep going without rest
<b>Power</b>	Strength x Speed / Fast strength
<b>Strength</b>	The ability of a muscle to exert force for a short period of time
<b>Speed</b>	The ability to move the whole body or a part of the body quickly
<b>Flexibility</b>	The range of movement you can have around a joint
<b>Balance</b>	The ability to keep your body mass or centre of mass over a base of support

										
<b>Component of fitness</b>	CV Endurance	Co-ordination	Reaction time	Agility	Muscular endurance	Power	Speed	Strength	Flexibility	Balance
<b>Practical example</b>	<ul style="list-style-type: none"> <li>- Marathon</li> <li>- 10,000m</li> <li>- 5,000m</li> </ul>	<ul style="list-style-type: none"> <li>- Badminton</li> <li>- Tennis</li> <li>- Boxing</li> </ul>	<ul style="list-style-type: none"> <li>- Sprint start in Athletics / swimming</li> <li>- Receiving a serve in tennis/squash</li> </ul>	<ul style="list-style-type: none"> <li>- Dodging in Netball</li> <li>- Dodging your opponent in rugby</li> </ul>	<ul style="list-style-type: none"> <li>- Triathlon</li> <li>- Long distance cycling</li> <li>- Long distance swimming</li> <li>- 90 minute game of football</li> </ul>	<ul style="list-style-type: none"> <li>- Triple jump</li> <li>- High jump when taking off</li> <li>- Javelin throw</li> </ul>	<ul style="list-style-type: none"> <li>- 100m</li> <li>- Long jump</li> <li>- 50m butterfly</li> <li>- Squash when sprinting for the ball</li> </ul>	<ul style="list-style-type: none"> <li>- Pushing in a rugby scrum</li> <li>- Rowing</li> </ul>	<ul style="list-style-type: none"> <li>- Gymnastics</li> <li>- Dance</li> <li>- Stretching to intercept the ball in hockey</li> </ul>	<ul style="list-style-type: none"> <li>- Gymnastics</li> <li>- Dance</li> <li>- Shooting in Netball</li> </ul>
<b>Fitness test</b>	Cooper 12 minute run Multistage fitness test	Wall-throw test	Ruler drop test	Illinois agility test	Press up test Sit up test	Standing broad jump test Vertical jump test	30m sprint test	Grip strength dynamometer test	Sit and reach test	Stork stand test