

Fitness

Components of Fitness

Agility – The ability to move and change direction quickly whilst maintaining balance and control.

Balance – The ability to keep the body stable by maintaining the centre of mass over the base support.

Cardiovascular endurance – The ability of the heart and lungs to supply oxygen to the working muscles.

Flexibility – The range of movement around a joint.

Muscular Endurance – The ability of a muscle (or group) to undergo repeated contractions avoiding fatigue.

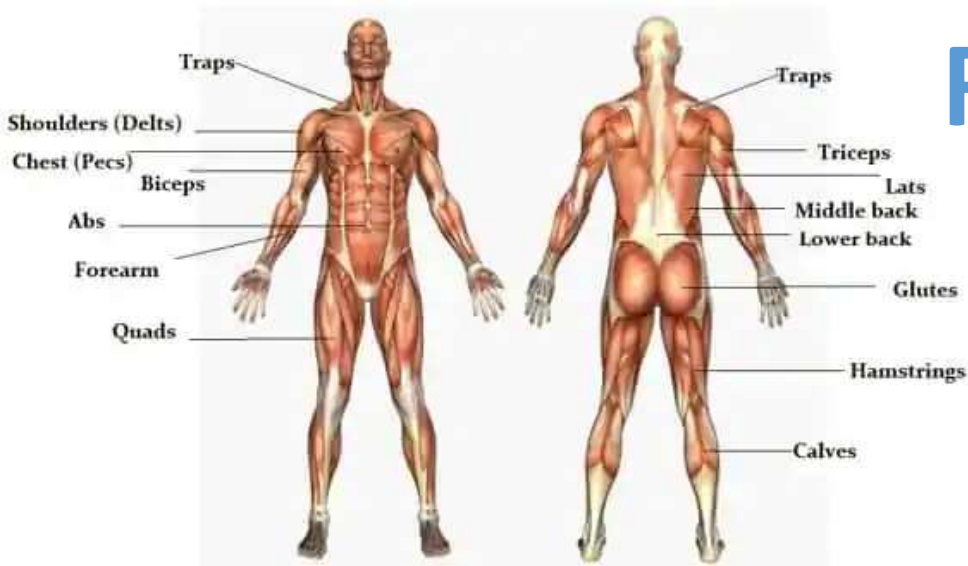
Power – Strength x Speed

Reaction Time – The time taken to start responding to a stimulus.

Speed – Distance ÷ Time

Strength – The ability to overcome resistance

Coordination – The ability to use 2 or more different parts of the body together, smoothly and efficiently.



Types of Training

Circuit Training – involves completing a series of exercises at different stations one after another with a brief period of rest in between.

Fartlek Training – Involves periods of fast exercise with intermittent periods of slower work.

Interval Training – Alternating between periods of work and rest.

Weight training – Using weights or resistance to cause adaptations to the muscles (e.g. Strength or Endurance)

Plyometric Training – High-impact exercises that teach the muscles to perform the maximum contractions faster; to become more powerful. E.g. jumping, hopping, bounding.

Maximum Heart Rate
= 220 – Your Age