Your notes

GCSE PE: revision notes

Components of fitness

Contents

1. The components of fitness
2. Skill-related components
3. Matching components to sports
4. Key terms
5. Quick questions
6. What to do next

The components of fitness

- **Cardiovascular endurance** (aerobic **power**): the ability of the heart and lungs to supply oxygen to the working muscles, such as in a marathon.
- **Muscular endurance**: the ability of a muscle or group of muscles to undergo repeated contractions without tiring, such as a rower.
- Strength: the ability to overcome a resistance. It can be maximal (a heavy lift), static (holding a scrum), dynamic (repeated) or explosive.
- Speed: the maximum rate at which a person can move over a distance, such as a 100 m sprinter.
- **Flexibility**: the range of movement possible at a joint, such as a gymnast doing the splits.

Skill-related components

- **Agility**: the ability to move and change direction quickly, at speed, while keeping control, such as a rugby winger sidestepping.
- **Balance**: keeping the centre of mass over a base of support. It can be static (a handstand) or dynamic (a cartwheel).
- **Coordination**: using two or more body parts together smoothly, such as hand-eye **coordination** in tennis.
- **Power** (explosive strength): speed × strength, such as a long jump take-off.
- **Reaction time**: the time taken to respond to a stimulus, such as a sprinter leaving the blocks.

Matching components to sports

- Explain why a component matters with a specific example: a goalkeeper needs quick **reaction time** to save a penalty.
- Most sports need several components: a basketball player needs **agility**, **power** for jumping and **coordination** for shooting.

Key terms

Cardiovascular endurance	The ability of the heart and lungs to supply oxygen to the working muscles.
Muscular endurance	The ability of muscles to keep contracting repeatedly without tiring.
Agility	The ability to change direction quickly while keeping control.
Power	Speed multiplied by strength.
Reaction time	The time taken to respond to a stimulus.
Flexibility	The range of movement possible at a joint.
Balance	Keeping the centre of mass over the base of support.
Coordination	Using two or more body parts together smoothly.

Quick questions

Cover the answers and test yourself: remembering is what makes it stick.

1. Which component of fitness is the range of movement at a joint?
2. Which component of fitness is speed multiplied by strength?
3. Which component of fitness most helps a sprinter react to the gun?
4. Which component helps a rugby player sidestep a defender?
5. Which component of fitness is most important for a marathon runner?
6. Holding a handstand needs which type of balance?
7. What is coordination?
8. Which type of strength is used to hold a rugby scrum still?

Answers

1. Flexibility
2. Power
3. Reaction time
4. Agility
5. Cardiovascular endurance
6. Static balance
7. Using two or more body parts together smoothly
8. Static strength

What to do next

Practise 11 questions on this topic

Try 5 exam questions, with mark schemes

Read the lesson, one step at a time

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