**Physical Fitness**

**Definition:** ‘Physical Fitness’ refers to the **capacity** of an athlete to meet the **varied physical demands** of their sport; without reducing the athlete to a **fatigued** state.

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| **Component** | **Definition** | **Sporting example / questions** |
| **Aerobic Endurance**  **What are the alternative names?** | The ability of the cardiorespiratory system (**heart** and **lungs**) to work efficiently, supplying nutrients and oxygen to working muscles during sustained physical activity. |  |
| **Muscular Endurance** | The ability of the muscular system to work efficiently, where a muscle can continue contracting over a period of time against a light to moderate fixed resistance load. |  |
| **Flexibility** | Having an adequate range of motion in all joints of the body; the ability to move a joint fluidly through its complete range of movement. |  |
| **Speed** | Distance divided by the time taken. Speed is measured in metres per second (m/s). The faster an athlete runs over a given distance, the greater their speed.  Speed = Metres  Seconds | What is:  **Accelerative speed?**  **Pure speed?**  **Speed Endurance?** |
| **Muscular Strength** | The maximum force  (in kg or N) that can be generated by a muscle or muscle group. | **What is:**  **Explosive strength?**  **Dynamic strength?** |
| **Body Composition** | The relative ratio of fat mass to fat-free mass (vital organs, muscle, bone) in the body.  **Ecto**morph  **Meso**morph  **Endo**morph |  |

**Question:**

**If Usain Bolt runs the 100 metres in 9.58 seconds, how many metres does he run per second? Show your working out.**

**Devise a mnemonic (something to help you recall)to recall physical fitness.**

**Home learning**

**Bronze challenge**

Choose three sports and for each one, **describe** the three most important components of physical fitness.

**Silver challenge**

1. Choose three sports and for each one, **explain** the three most important components of physical fitness.
2. Rank all of the components of fitness in order from the most important to the least important for the following sports: a football midfield player and a sumo wrestler