

Components of Physical/Health Related Fitness

Component	Definition
1 Aerobic / Cardiovascular endurance	The ability of the cardio-respiratory system to work efficiently providing oxygen to muscles to allow activity over a long period of time. Also referred to as stamina.
2 Muscular Endurance	The ability to move your body and muscles repeatedly without fatiguing.
3 Muscular Strength	The maximum amount of force that can be exerted against a resistance.
4 Flexibility	Range of movement possible at a joint.
5 Power	The product of strength x speed. Vertical jump test.
6 Agility	The ability to change direction at speed; nimbleness. Illinois agility test
7 Balance	The maintenance of the centre of mass over the base of support. Stork stand

Principles of Training

Component	Definition
24 Specificity	An athletes training must be specific to their sport.
25 Progressive Overload	Slowly increasing the; frequency, intensity, time type and adherence of training to force the body to adapt.
26 Variance	Changing the type of training to avoid boredom and to shock the body into adapting.
27 Reversibility/ Regression	The adaptations caused by training start to reverse and fitness levels return to how they were pre-training
28 Moderation	Training needs to take into account age, gender, environment and experience.

Fitness Tests

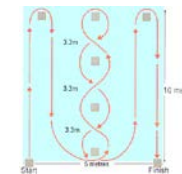
8	<ul style="list-style-type: none"> 12minute Cooper Run MSFT Harvard Forestry Step Test 	12	<ul style="list-style-type: none"> 30m sprint test
9	<ul style="list-style-type: none"> One Minute Sit up Test One Minute Press Up Test 	13	<ul style="list-style-type: none"> Standing Long Jump Vertical Jump Test
10	<ul style="list-style-type: none"> Handgrip Dynamometer Wall Squat Test 	14	<ul style="list-style-type: none"> Illinois Run
11	<ul style="list-style-type: none"> Sit and Reach Test 	15	<ul style="list-style-type: none"> Standing Stork

Testing Keywords

16	Maximal Test	When a performer works at maximum effort.
17	Submaximal Test	When a performer works at below maximum effort.

Fitness Tests

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