GCSE Physical Education—Components of fitness and testing

Key definitions

Health: a state of emotional, physical and social well being, and not merely the absence of disease and infirmity.

Exercise: Physical activity that maintains or improves health and fitness

Fitness: ability to meet the demands of the sporting environment

Performance: How well a task is performed

REMEMBER you must be able to state the relationship and links between them.

Health related components of fitness

Cardiovascular fitness—the ability to exercise the whole body for long periods of time sometimes known as stamina

Muscular strength—The ability to exert force against a resistance, such as when you lift a weight

Muscular endurance the ability to use voluntary muscles repeatedly without becoming tired

Flexibility—The range of motion of a joint, the ability of a joint to move freely

Body composition—the percentage of body weight that is fat, muscle or bone

Skill related components of fitness

Balance—being able to keep the body stable while at rest or in motion.

Co-ordination—the ability to use two or more body parts at once

Reaction Time—the time it takes to respond to a stimulus

Agility—the ability to control the movement of the whole body and change position quickly

Power—Strength times speed

Speed—the rate at which an individual can perform a movement or cover a distance.

Fitness tests

Why do we test? Testing identifies STRENGTHS AND WEAKNESSES, allows you to MONITOR PROGRESS and gives you an INCENTIVE TO TRAIN

Cooper 12 minute run	Cardiovascular Fitness
Harvard step test	Cardiovascular Fitness
Illinois agility test	Agility
Hand grip dynamometer	Strength
One minute sit up	Muscular Endurance
One minute press up	Muscular Endurance
30m sprint test	Speed
Sergeant/vertical jump	Power
Sit and Reach	Flexibility

Sporting Examples

Task: Consider each performer and justify which components of fitness are most important to them.

Hint: Remember justify means to give an opinion or order of importance after analysis/evaluation.