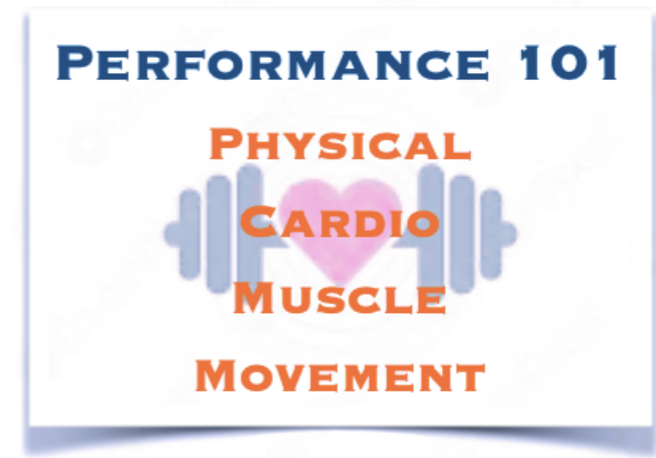


Summary:

There are 6 components to Skill Related Fitness. I would stress doing more health related components of fitness because they have a greater impact on your overall health and do not do any that skill related fitness exercises that are above your fitness level..



PERFORMANCE 101:

What are the components of skill related fitness?

Agility

Power

Balance

Coordination

(hand-eye and/or foot-eye)

Reaction time

Speed

PERFORMANCE 101: What are the components of skill related fitness?

If you are an athlete find out what skill related fitness exercises that are important to your sport and add them to your health related conditioning program. If you are NOT an athlete and want variety you may develop your level of fitness beyond the basic requirements for health by adjusting your workout program to include exercises designed to improve the skill-related components of fitness. I would stress doing more health related components of fitness because they have a greater impact on your overall health and do not do any that skill related fitness exercises that are above your fitness level. Also, you should not do any Sport without adequate Health Related Fitness.

Important for athletes

The six components of skill-related fitness:

Also called Sport Specific Training. You should not do a Sport without adequate Health Related Fitness.

- Agility**
- Power**
- Balance**

CrossFit Training Includes these skills. Many people do not have adequate health related fitness when starting CrossFit and that is one of the reasons people get hurt or burnt out.

Coordination (hand-eye and/or foot-eye)

Before developing any of these skills make sure you develop or have adequate health related fitness.

- Reaction time**
- Speed**

Does Not Develop Health Related Fitness to a great degree

FOR THOSE WHO WANT MORE INFO:

The six skill-related fitness components:

- Power combines speed and strength. In essence, it's how fast you can generate a maximal force. Box Jumps, Kettlebell Swings
- Speed. High Intensity Interval Training through Wind Sprints
- Agility is the ability to move quickly and change direction. Ladder Drills, Cone Drills
- Coordination: So many sports and activities good hand-eye (or foot-eye) coordination (the ability to see an external object and respond precisely with your hands and/or feet to meet a pre-determined objective). Playing Catch, Target Practice with object.
- Balance itself refers to your ability to adjust your body position to remain upright. It deals with proprioception, or knowing where your body is in space, and being able to make adjustments to your position as your center of gravity changes during movement. Standing on one foot, Balance Disks

THE COMPONENTS OF PHYSICAL FITNESS

The components of physical fitness are made up of five Health-Related components and six Skill-Related components.

HEALTH

The Health-Related components of physical fitness are related to overall health and how well the systems of the body work.

Strength



Strength involves applying a force to overcome a resistance.

Cardiovascular Fitness



Cardiovascular Fitness is the ability to exercise the whole body for prolonged periods of time, without tiring.

Muscular Endurance



Muscular Endurance is the ability of the voluntary muscle group or muscle to work for a prolonged period of time without tiring.

Body Composition



Body Composition is the percentage of body weight that is fat, muscle and bone.

Flexibility



Flexibility is the range of movement around a joint.

SKILL

The Skill-Related components of physical fitness form the basis for successful activity participation and involve the technical aspects of fitness that help enhance performance.

Speed



Speed is the ability to move your body, or part of your body, quickly.

Agility



Agility is the ability to change direction quickly and accurately, combining speed, balance, power and coordination.

Balance



Balance is the ability to retain centre of mass (gravity) above the base of support whilst stationary (static) or moving (dynamic).

Coordination



Coordination is the ability to use a combination of body parts and senses at the same time to produce smooth and efficient movements.

Power



Power is the combination of strength and speed of movement. To generate power you need good balance and coordination.

Reaction Time



Reaction Time is the time taken to react to a stimulus.

Great Chart Explaining all the components of Physical Fitness