

Components of Fitness – ‘How to learn Definitions’

	Read the definition	Read the definition but HIGHLIGHT the key words	Cover the definition and fill in the missing key words	Cover all definitions – what can you remember?
Strength	“The amount of force a muscle can exert against a resistance”	“The amount of force a muscle can exert against a resistance”	“The amount of a can exert against a resistance”	
Power	“Is a combination of maximum amount of speed with maximum amount of strength”	“Is a combination of maximum amount of speed with maximum amount of strength”	“Is a of maximum amount of with maximum amount of ”	
Cardiovascular Endurance	“The ability to exercise the body for long periods of time without getting tired”	“The ability to exercise the body for long periods of time without getting tired”	“The ability to exercise the body for periods of without getting ”	
Flexibility	“The range of movement around a joint”	“The range of movement around a joint”	“The of movement around a ”	
Balance	“The ability to retain the centre of mass over the base of support”	“The ability to retain the centre of mass over the base of support”	“The ability to the centre of over the base of ”	
Co-ordination	“The ability to use two or more body parts together”	“The ability to use two or more body parts together”	“The ability to use or more body parts ”	
Agility	“The ability to change position and direction of your body quickly”	“The ability to change position and direction of your body quickly”	“The ability to change position and of your body ”	
Reaction Time	“Time taken for the body, or a part of the body, to respond to a stimulus.”	“Time taken for the body, or a part of the body, to respond to a stimulus.”	“ taken for the body, or a part of the body, to to a ”	

Apply your information to a Sports Performer to reinforce your learning.

Choose a sports performer and explain what Components of Fitness they will need to be good at and how it would help them perform better



Components of fitness you could include:
Strength
Power
Cardiovascular Endurance
Flexibility
Balance
Co-ordination
Agility
Reaction Time

Techniques on how to remember lots of information

There are 6 functions of the skeletal system;

Movement

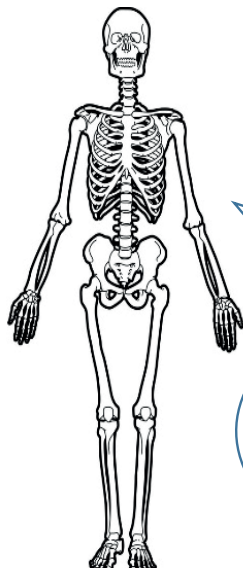
Mineral Storage

Protection

Production of blood cells

Support

Shape



HOW CAN I REMEMBER THIS?

By using an acronym.....

Meat **P**ickle **S**andwich



Meat **P**ickle **S**andwich

Can you think of your Own Acronym?

Create some acronyms to help you remember the following pieces of key information:

- Arteries carry blood away from the heart
- There are 5 types of movement at a ball and socket joint – flexion, extension, adduction, abduction and rotation
- When I plan a training programme I have to follow the principles of training – reversibility, progression, tedium, specificity and overload
- Weight training will improve my – endurance, power, tone and strength.