

Toughest Sport By Skill

of Sports
60

of Skills
10

Toughness Range
0 - 10

ENDURANCE: The ability to continue to perform a skill or action for long periods of time. Example: Lance Armstrong

STRENGTH: The ability to produce force. Example: NFL linebackers.

POWER: The ability to produce strength in the shortest possible time. Example: Barry Bonds.

SPEED: The ability to move quickly. Example: Marion Jones, Maurice Green.

AGILITY: The ability to change direction quickly. Example: Derek Jeter, Mia Hamm.

FLEXIBILITY: The ability to stretch the joints across a large range of motion. Example: Gymnasts, divers.

NERVE: The ability to overcome fear. Example: High-board divers, race-car drivers, ski jumpers.

DURABILITY: The ability to withstand physical punishment over a long period of time. Example: NBA/NHL players.

HAND-EYE COORDINATION: The ability to react quickly to sensory perception. Example: A hitter reacting to a breaking pitch; a drag racer timing acceleration to the green light.

ANALYTIC APTITUDE: The ability to evaluate and react appropriately to strategic situations. Example: Joe Montana reading a defense; basketball point guard on a fast break.

Skill Value by Skills and Skills

Skills

● Nerve

● Endurance

● Power

● Durability

● Strength

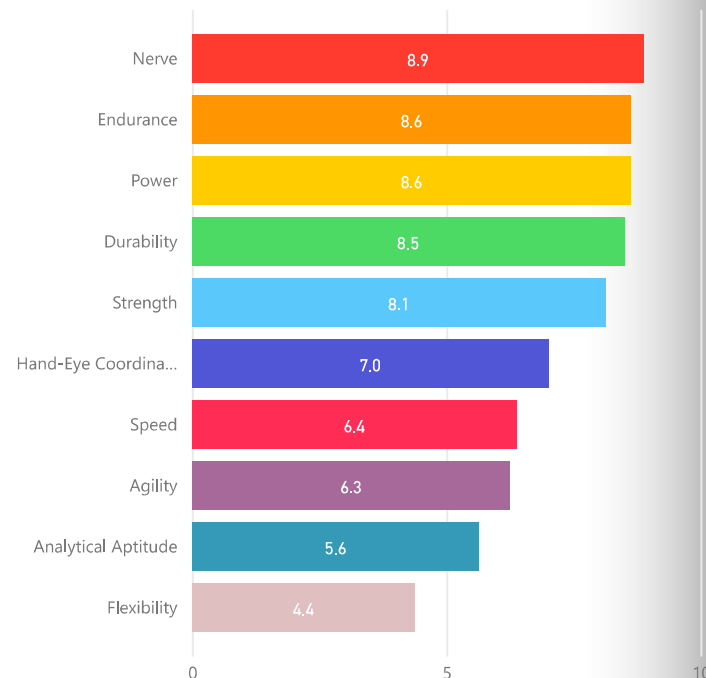
● Hand-Eye Coordina...

● Speed

● Agility

● Analytical Aptitude

● Flexibility



1-Boxing	6-Martial Arts	11-Skiing: Alpine	16-Track and Fi...	20-Volleyball	26-Team Handball	30-Skiing: Nordic	36-Swimming (a...	40-Track and Fi...	46-Water Skiing	51-Golf	56-Curling
2-Ice Hockey	7-Tennis	11-Water Polo	17-Field Hockey	22-Racquetball/...	27-Cycling: Spr...	32-Auto Racing	37-Skateboarding	42-Rodeo: Bull...	47-Table Tennis	52-Cheerleading	57-Bowling
3-Football	8-Gymnastics	13-Rugby	17-Speed Skating	23-Surfing	28-Bobsledding/...	33-Track and Fi...	38-Track and Fi...	43-Track and Fi...	48-Track and Fi...	52-Roller Skating	58-Shooting
4-Basketball	9-Baseball/Soft...	14-Lacrosse	19-Figure Skating	24-Fencing	29-Ski Jumping	34-Track and Fi...	39-Rowing	44-Weight-Lifting	49-Canoe/Kayak	54-Equestrian	59-Billiards
5-Wrestling	10-Soccer	15-Rodeo: Stee...	20-Cycling: Dist...	25-Skiing: Frees...	30-Badminton	35-Diving	40-Rodeo: Calf ...	45-Swimming (a...	50-Horse Racing	55-Archery	60-Fishing

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Sport	Agility	Analytical Aptitude	Durability	Endurance	Flexibility	Hand-Eye Coordination	Nerve	Power	Speed	Strength	Total
Water Skiing	4.25	3.25	4.63	4.63	4.75	4.13	5.88	4.50	3.00	5.00	44.02
Total	4.25	3.25	4.63	4.63	4.75	4.13	5.88	4.50	3.00	5.00	44.02

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