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| **Component** | **Definition** | **Test** | **Sporting example** |
| Muscular Endurance | The ability of muscles to undergo repeated contractions without tiring. | **Abdominal curl conditioning test** – Equipment: partner for each participant, CD of test, gym mat. Individual lies on the mat in the sit-up position, partner supports ankles. The participant sits up on the bleep and down on the bleep, whilst staying in time. The test is maximal and progressive. The score is how many sit-ups done. | * Rowing 2000m. |
| Speed | The maximum rate at which an individual is able to perform a movement or cover a distance in a period of time. | **30m speed test** – Equipment: 2 cones, 30m apart, tape measure and stopwatch. Use a flying start (2½m run up to the cone). The individual is timed running 30m as fast as they can. The score is compared to ratings. | * A 100m sprinter requires speed to win the race. |
| Co-ordination | The ability to use two or more body parts together smoothly and efficiently. | **Wall toss test** – Equipment: a tennis ball, flat wall, stopwatch and an observer. The tennis ball starts in one hand. Both feet together, 2m from the wall. The observer says ‘go’ and the time starts- 30 seconds. The individual throws the ball against the wall and catches with the other hand. Two attempts are allowed, if the ball is dropped the time continues. The score is compared to ratings. | * Hitting a table tennis ball with a bat (hand eye) * Kicking a football (foot eye) * Dribbling a basketball (arms legs) |
| Flexibility | The range of movement possible at a joint. | **Sit and reach test** – Equipment: sit and reach box, slider. The individual adopts a sitting position on the floor with their legs straight. Shoes are removed and feet are to be flat against the board. The slider should be set to 14 cm to be in line with toes. The individual reaches forward and pushes the slider as far as a possible. The score is recorded in cm and compared to the ratings. | * A gymnast needs good flexibility to perform the splits. |
| Strength | The ability to overcome a resistance  Maximal – the largest force possible in a single muscle contraction  Dynamic – repeated muscle contractions (similar to muscular endurance)  Explosive – a mix of strength and speed (similar to power)  Static – the ability to hold a body part in a static position | **Handgrip Dynamometer test** – Equipment: handgrip dynamometer. The dynamometer should be held in the individual’s dominant and. The arm should be at 90 degrees with the elbow against the body. Grip may need to be adjusted to size. Squeeze with maximum effort and record score. The score is compared to the ratings. | * Maximal – knockout punch in boxing * Static – rugby scrum |

**Components of Fitness**