

Fitness

The two types of fitness are **Skill Related Fitness, and Health Related Fitness**. Skill Related Fitness is where you specifically train for one sport, concentrating on certain muscles of the body. Health Related Fitness is where you maintain your bodies fitness, keeping the whole body in good shape.

You can remember **Health Related Fitness with the 5 S's!** These are Stamina, Strength, Suppleness, Speed, and Somatotype.

Stamina (endurance)

Cardiovascular endurance is the ability of the lungs to provide oxygen to keep muscles working.

Muscular endurance is the ability of muscle groups to keep working against resistance.

The quicker you return to your normal resting heart rate, the fitter you are.

Strength

Muscular strength is related to muscular endurance and it varies according to body type. It can be improved by OVERLOADING the muscles during a training programme.

Suppleness (flexibility)

Suppleness is the ability to move muscles through their full range at a joint.

Speed

The ability of all or part of the body to move quickly from one point to another. Speed also involves acceleration, which is important in athletics and most team games.

Somatotype

There are 3 extremes of body type, but most of us are a mixture of each. Some body types are more suited to particular sports.

Endomorph – Fat, Sumo-Wrestler

Mesomorph – Broad Shoulders, Rugby Player

Ectomorph – Thin with little Body Fat, Ethiopian Distance Runner

The 5 things that are incorporated into **Skill Related Fitness** are the letters of **A, B, C, P, and R!** These letters stand for Agility, Balance, Co-ordination, Power, and Reaction Time.

Agility

The ability of the body to stop, start, and to change direction at speed – particularly important skill in team games.

Balance

The ability to hold the body still – either static e.g. headstand or when moving e.g. staying over cross on trampoline.

Co-ordination

The ability to use the senses and body systems to produce efficient movement e.g. tennis.

Power

Combination of strength and speed e.g. throwing in athletics

Reaction time

Time taken to respond to an external stimulus, e.g. whistle or a starting gun.