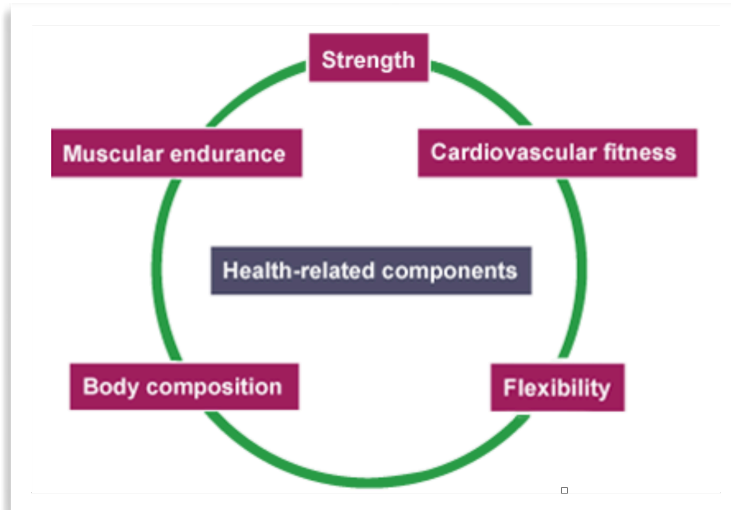


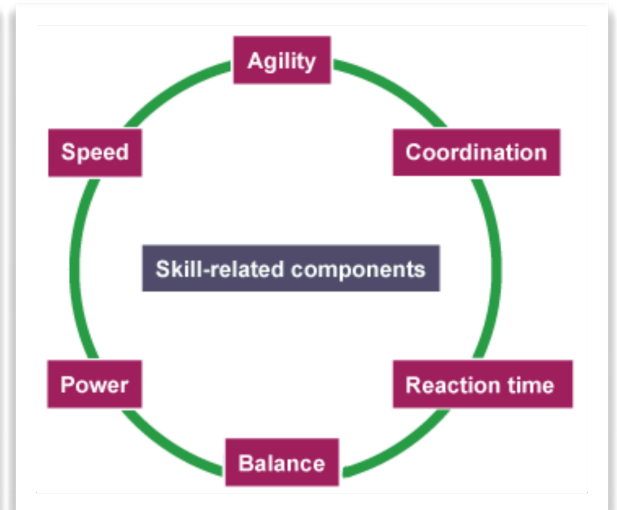
# COMPONENTS OF FITNESS IN THE PANTHERS FITNESS CHALLENGE

Fitness can be broken down into different components or parts.

Health-related components:



Skill-related components:



For example, if we look at the game of football, the top three fitness requirements of the goalkeeper and the midfielder might look like this:

Goalkeeper	Midfielder
1. Agility	1. Cardiovascular fitness
2. Reaction time	2. Power
3. Flexibility	3. Muscular endurance

The training for these two performers must be completely different and must focus on the specific requirements of the individual position.





## The Panthers Fitness Challenge

### Health-related components:

	Definition	Example
<b>Cardiovascular endurance</b>	The ability of the heart, lungs and blood to transport oxygen	Completing a half marathon with consistent split times across all parts of the run
<b>Flexibility</b>	The range of motion (ROM) at a joint	A gymnast training to increase hip mobility to improve the quality of their split leap on the beam
<b>Muscular endurance</b>	The ability to use voluntary muscles repeatedly without tiring	A rower repeatedly pulling their oar against the water to propel the boat towards the line
<b>Strength</b>	The amount of force a muscle can exert against a resistance	Pushing with all one's force in a rugby scrum against the resistance of the opposition pack



Rowing requires a number of health related components of fitness.



## The Panthers Fitness Challenge

### Skill-related components

	Definition	Example
<b>Agility</b>	The ability to change the position of the body quickly and control the movement	A badminton player moving around the court from back to front and side to side at high speed and efficiency
<b>Balance</b>	The ability to maintain the body's centre of mass above the base of support	A sprinter holds a perfectly still sprint start position and is ready to go into action as soon as the gun sounds
<b>Power</b>	The ability to perform strength performances quickly	A javelin thrower applies great force to the spear while moving their arm rapidly forward
<b>Speed</b>	The ability to put body parts into motion quickly	A tennis player moving forward from the baseline quickly to reach a drop shot close to the net
<b>Coordination</b>	The ability to use two or more body parts together	A trampolinist timing their arm and leg movements to perform a tuck somersault



Boxing requires a number of skill-related components of fitness