

Skill Related Components of Fitness

Skill-Related Fitness

Skill-related physical fitness consists of those components of fitness that have a relationship with enhanced performance in athletic activities. Skill-related fitness abilities increases one's ability to perform in various activities and only has an indirect connection with health. The skill-related components of fitness are considered to be agility, balance, coordination, power, speed, and reaction time though some people feel that other abilities such as spatial awareness should be included. It is assumed that kids who have who posses a high skill-

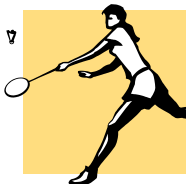


related fitness will be more likely to participate in a variety of activities and for this reason will also exemplify a high standard of health-related fitness. Skill-related fitness components are assessed with several different tests. Such components as reaction time and speed are considered by some to be more related to heredity than healthy lifestyles, especially in young people.

Agility

Agility refers to a person's ability to move their body quickly and easily. This also includes their ability to quickly change their direction while maintaining their balance. Some examples of agility are:

- stepping aside quickly in the hallway to avoid running into someone else
- stopping, starting and changing directions quickly to avoid a defender
- stepping quickly on the court to return a serve or an opponents shot
- changing directions quickly to avoid stepping out of bounds



"The rate of learning in skill-related fitness varies from person to person"

Balance

Balance refers to a person's ability to maintain their equilibrium when moving or when they are in a stationary position. Some examples of balance are:

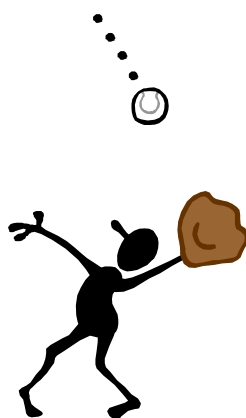
- performing a v-sit on the beam or on the floor
- landing after a rebound in basketball
- re-gaining balance after 'stepping in opposition' when serving a ball



Coordination

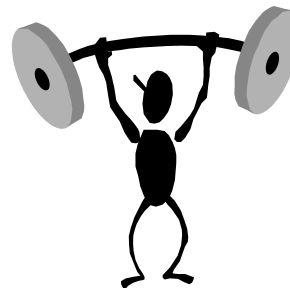
Coordination refers to a person's ability to perform complex movements due to the working together of the nervous system and the muscles of the body. This is also referred to as a person's ability to do two things at the same time. Some examples of coordination are:

- catching a ball in a lacrosse scoop while running
- dribbling a ball while moving
- hitting a pickleball while



Power

Power refers to a person's ability to transfer energy into force at a rapid pace also known as explosive body movement. Power is considered to be a combination of strength and speed. It has also been defined as the ability to exert muscle force quickly For this reason some consider it to be a combination of skill and health-related physical fitness. Some examples of power include putting the shot and vertical jumping. There are, however, many different types of power and total assessment would require many different tests.



Skill Related Components of Fitness

Speed

Speed refers to a person's ability to move fast. Speed combined with strength will provide power and force. This is a skill-related component of physical fitness that relates to the ability to perform a movement within a short period of time. There are many different types of speed such as running speed, swimming speed, speed of hand or foot movement to name but a few. Among athletes a 40 yard dash is often used to measure speed. There are a wide variety of tests of speed that are specific to different movements and activities. Some examples of speed are:

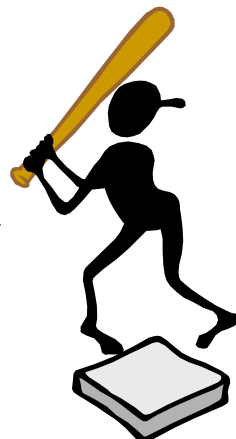


- running a fast-break in basketball
- moving a racquet fast through the 'hitting zone' to hit a ball harder
- running fast to catch a Frisbee during an ultimate Frisbee game

“By being active kids will learn to appreciate the importance of health and skill related components of fitness, and will come to learn ways to help prevent injury and increase their performance.”

Reaction Time

Reaction time is a skill-related component of physical fitness that relates to the time between one of your senses recognizing a stimulus and your body moving in response. One example of reaction time is moving your foot from the accelerator to the brake pedal when reacting to a situation that requires a person to stop a car. However, like other skill-related fitness tests there are many different types of reaction time and total assessment of reaction time would require many different tests.



Spatial Awareness

Spatial awareness refers to a person's ability to know where they are in relationship to teammates, opponents, boundary lines, goals and other objects. Some examples of spatial awareness are:

- knowing where you are in relationship to the end of the balance beam when walking backwards
- knowing where you are in relationship to teammates so that you can set them a ball in volleyball
- when playing basketball, knowing where the defender is so that you can dribble around them or shoot
- Knowing where you are when you are upside down on the rings

Key Terms to Understand

Components of Fitness
Health-related Fitness
Skill-related Fitness
Agility
Balance
Coordination
Power
Speed
Reaction Time
Spatial Awareness
Hereditary
Assessment



“To help kids along the path to fitness, it's helpful to have some understanding of the components involved. It's also important to realize that the emphasis should be placed on the health-related, as opposed to the skill-related, components of fitness.”