

# Resource 2: From definitions to examples



You must be prepared to provide specific examples of the importance of components of fitness to different activities. Complete this table with EIO model examples.

Component	Definition (A01)	Performer 1 (A02)	Performer 2 (A02)	Your level of confidence with this component
		Laura/Josh/Julie/ Tom/Kate	Laura/Josh/Julie/ Tom/Kate	
Agility	Changing direction quickly whilst maintaining control	(Julie) Ability to dodge an opponent in netball to get free and receive a pass.		😊 😐 😞
Balance	Maintenance of the centre of mass over the base of support			😊 😐 😞
Cardiovascular endurance/ Aerobic power	Ability of the heart and lungs to supply oxygen to the working muscles			😊 😐 😞
Coordination	The ability to use different parts of the body together smoothly and efficiently		(Laura) Ability to perform a split leap with a wide RoM at the hip.	😊 😐 😞
Flexibility	Range of movement possible at a joint			😊 😐 😞
Muscular endurance/ Dynamic strength	Ability of a muscle to undergo repeated contractions avoiding fatigue			😊 😐 😞
Power/Explosive strength/ Anaerobic power	Product of strength and speed			😊 😐 😞
Reaction time	Time taken to initiate response to a stimulus			😊 😐 😞
Static strength	Ability to hold a body part in a static position or Maximum force that can be applied to an immovable object			😊 😐 😞
Speed	Maximum rate at which an individual is able to perform a movement or cover a distance in a period of time			😊 😐 😞