Resource 3: From examples to impact

Try completing answers to this question over and over again:

Justify the importance of _insert component of fitness_ **to a** _insert performer/activity_

For example:

- "**Justify the importance of** speed **to a** marathon runner."
- "**Justify the importance of** flexibility **to a** hockey goalkeeper."

You can use the performer profiles provided to get you started or use your own examples.

	CoF		Performer/Activity	Answer (AO3)
Justify the importance of	maximal strength	to	sprinting (Josh).	"Maximal strength causes large amounts of force to be applied to the block to cause an explosive start. It also allows the sprinter to apply more force to the ground when striding, which propels the sprinter forward faster. Finally, maximal strength in the arms and shoulders allows the sprinter to pump their arms causing greater forward motion."
Justify the importance of		to		
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