SUBJECT: Sport

UNIT: NCFE – Content Area 3

Health - A state of complete physical, mental and social wellbeing.

Physical Activity - Any movement of the body that increases energy expenditure above resting level. Examples of physical activity can be jogging, teams sports such as wheelchair basketball, football, dance, kabaddi.

Benefits of physical activity – Strengthens bones, improves sleep, improves posture, relieves stress, improves body shape, reduces anxiety, boosts immune system and aids concentration.

Fitness – An ability to meet the demands of an environment.

Components of fitness

Health related components of fitness:

***Body composition:* Body Composition is the distribution of fat mass and muscle mass an individual has in the body. This makes up total body weight and is generally displayed as a percentage of your body weight. Its measurement in sport and physical activity, as well as health is important.**

***Flexibility:* is the amount or range of movement that you can have around a joint.**

***Cardiovascular endurance:* The ability to perform longer periods of exercise at higher intensity. The better the cardiovascular endurance, the more oxygen can be transported around your body for your muscles to use.**

***Muscular endurance:* the ability to repeatedly use muscles for long periods of time before fatigue.**

***Muscular strength:* This is the maximal amount of force against a resistance that a muscle or muscle group can exert in one contraction.**

Skill related components of fitness:

***Agility*: is the ability to control the movement of the body or a part of the body to be able to change your body position quickly.**

***Reaction time:* is the time it takes a performer to move in response to a stimulus.**
For example, a tennis player reacting to an opponents serve.

***Balance:* Balance is the ability to keep your centre of mass over a base of support. It controls postural alignment and helps the body move more efficiently.**

***Co-ordination:* is the ability to use many body parts together.**

***Power:* Power acts as the foundation for dynamic movement and generates rapid force. Power enables the performer to perform actions that require both strength and speed.**
Power = Strength x Speed

Speed: Speed enables the performer to move the body quickly.