

Components of fitness research sheet

Component of fitness (Definition)	Sporting attribute I.e. Static flexibility is important in...	Sports important for i.e. team/racket/gym	Justification Why is the component of fitness a main attribute for the sport?
Flexibility			
Speed			
Body composition			
Agility			
Balance			

Coordination			
Reaction time			
Power			
Aerobic endurance			
Strength			
Muscular endurance			

