

## BTEC Sport Unit 1 - Components of Fitness Knowledge Organiser

### Skill Related Components – PC BAR

Skill Component	Definition	Example	Explanation
<b>P</b> Power	<i>Speed x Strength</i>	Shot putter	
<b>C</b> Coordination		Tennis	Tennis and badminton players need good co-ordination to see, move and hit at the same time.
<b>B</b> Balance	<i>The ability to maintain centre of mass over a base of support. There are two types: static and dynamic</i>	Gymnastics	Gymnasts need good balance to complete all movements effectively without falling over. Static balance is used in a handstand, dynamic balance is used when tumbling in a floor routine.
<b>A</b> Agility	<i>The ability of a sports performer to move quickly and precisely or and change direction without losing balance or time.</i>	Football, Rugby and Basketball	Football, Rugby and Basketball players need agility to dodge around defenders whilst keeping possession.
<b>R</b> Reaction time		Sprinter and Tennis	Sprinters at the sprint start need reaction time to set off as soon as the gun goes off. Tennis players need reaction time to move quickly to return the ball from a serve.

### Health Related Components – BASS FM

Health Component	Definition	Example	Explanation
<b>B</b> Body composition		Jockey and Sumo	Your body shape suits the sport you compete in - A jockey is short and light so the horse can move quicker but a sumo is big and heavy to push their opposition out of the ring.
<b>A</b> Aerobic Endurance	<i>The ability of the cardiorespiratory system to work efficiently, supplying nutrients and oxygen to working muscles during sustained physical activity.</i>	Marathon Runner	Long distance athletes such as Mo Farah need cardiovascular endurance to ensure their working muscles are getting sufficient oxygen and nutrients to their working muscles.
<b>S</b> Speed		Sprinter	100m sprinters need the most speed to complete the race in the fastest time.
<b>S</b> Strength	<i>The maximum force that can be generated by a muscle or muscle group. Measured in kg or Newtons (N).</i>	Rugby Weight lifting	A Rugby prop will need strength to help maintain a strong position in the scrum. Weight lifting need lots of muscular strength to lift the heaviest weight.
<b>F</b> Flexibility	<i>The ability to move a joint fluidly through its complete range of movement.</i>	Gymnastics and High Jump	
<b>M</b> Muscular Endurance	<i>The ability of the muscular system to work efficiently, where a muscle can continue contracting over a period of time against a light to moderate fixed resistance load.</i>	Long distance cyclist and rower	

