

Skill Related Fitness Components

Agility – the ability to change directions quickly

Balance – the ability to remain upright while standing still or moving

Coordination – the ability to use the senses and other body parts to perform specific physical challenges

Reaction time – the amount of time it takes to get moving

Speed – the ability to perform a specific movement or cover a distance in a short period of time

Power - the ability to move the body parts swiftly while applying the maximum force of the muscles.