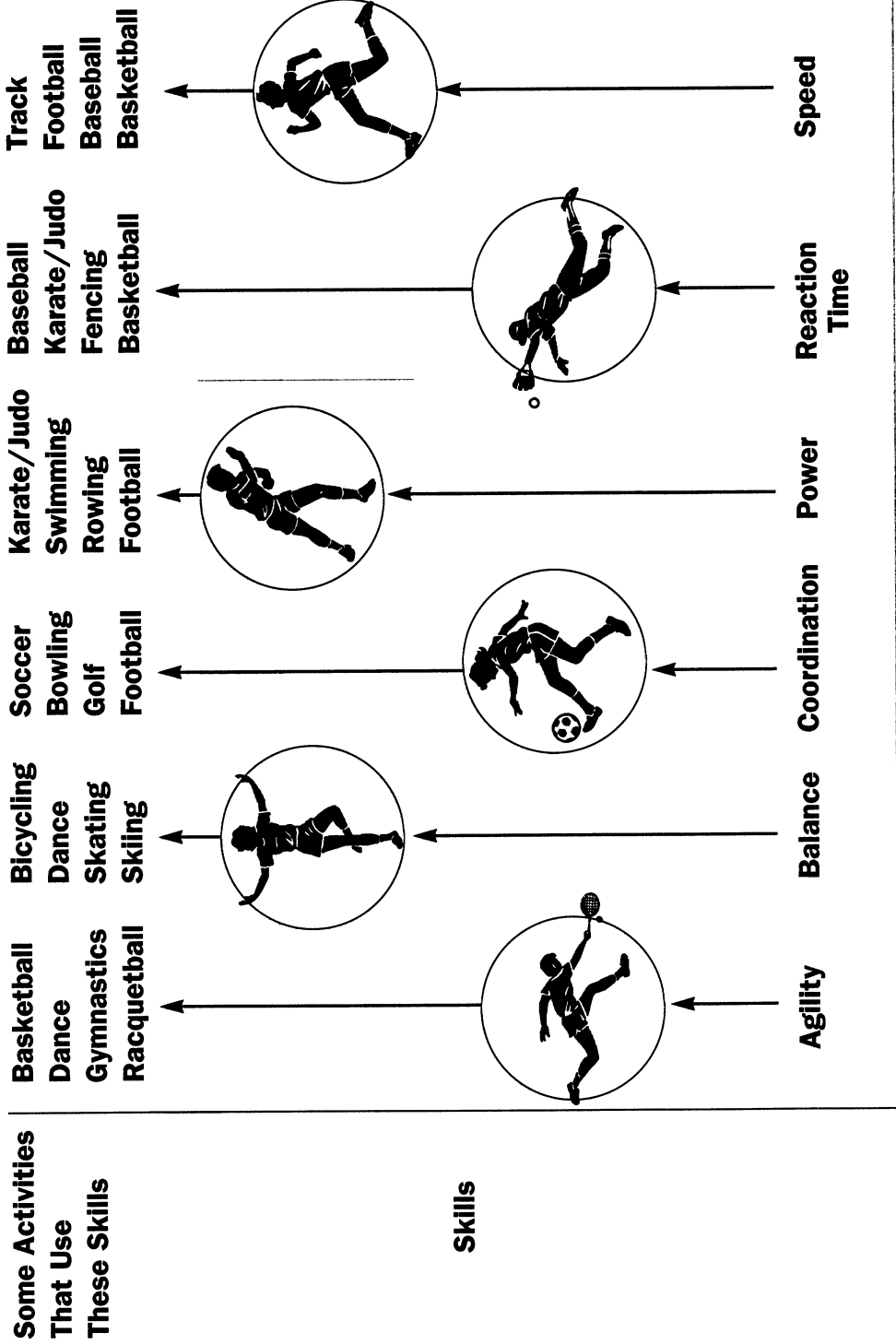


SKILL-RELATED FITNESS

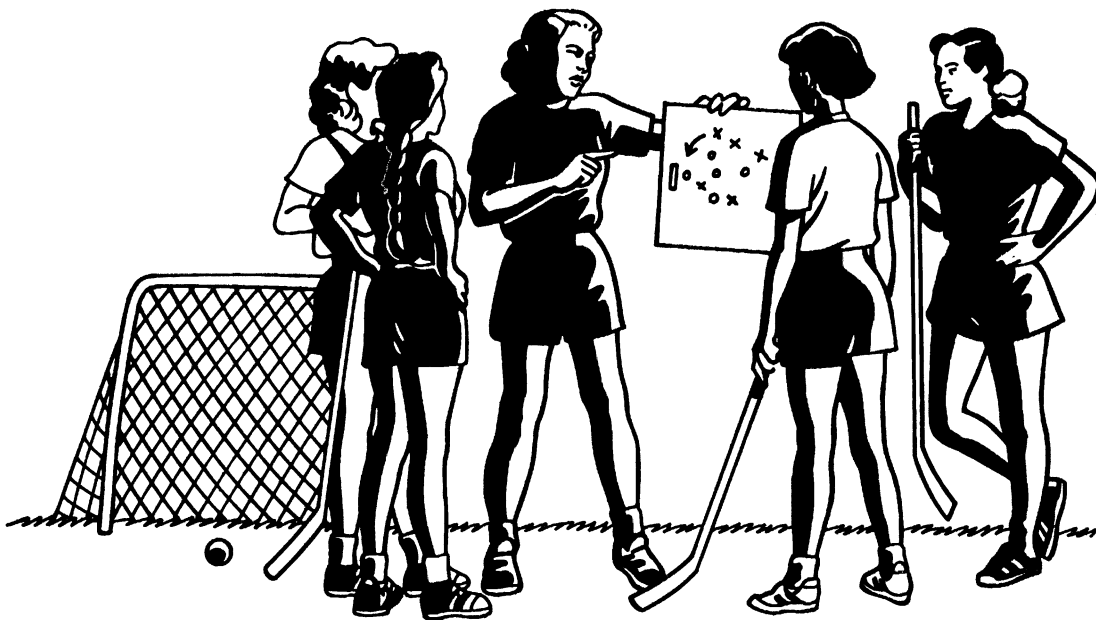
Overhead
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9-A



ASSESSING SKILL-RELATED FITNESS ABILITIES

Skill-related fitness ability	Definition	Ways to assess
Agility	Ability to change the position of your body quickly and to control your body's movement	Side shuttle, figure-eight run, forward shuttle run, stunts that require change in position of the whole body such as gymnastics or wrestling
Balance	Ability to keep an upright posture while standing still or moving	Stick balance, walking on a balance beam, stunts such as handstand or headstand
Coordination	Ability to use your senses together with your body parts, or to use two or more body parts together	Wand juggling, Hacky Sack or foot bag kicking, bouncing a soccer ball on your head
Power	Ability to use strength quickly (involves both strength and speed)	Standing long jump, throwing a medicine ball
Speed	Ability to perform a movement or cover a distance in a short period of time	Short sprint, 50-yard dash (also includes reaction time), swimming speed
Reaction time	Amount of time it takes you to move once you realize you need to act	Yardstick drop test, determining the amount of time it takes to step on a brake pedal after seeing a stop signal

LEARNING SPORT SKILLS

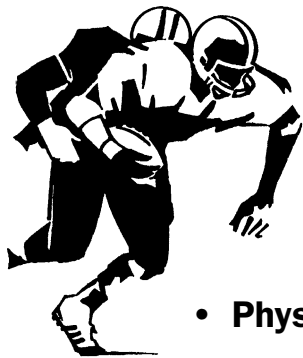


- 1. Get correct instruction.**
- 2. At first do not worry about details.**
- 3. Keep practicing.**
- 4. Avoid competition when learning a skill.**
- 5. Choose an activity that matches your skill-related fitness.**

9-D

BE FIT FIRST!

To help avoid injury, build fitness before actively playing a sport with any of these factors:



- Physical contact

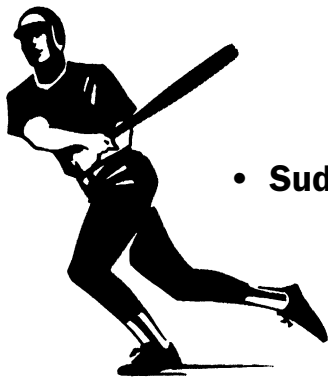


- Vigorous jumping

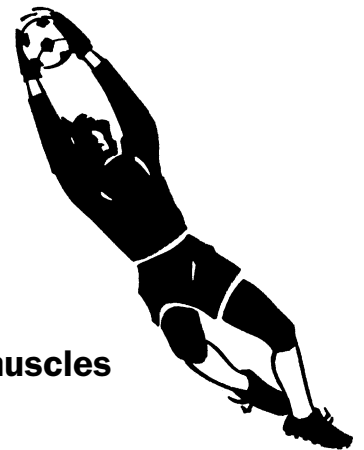
- Fast sprinting



- Danger of falling



- Sudden starts and stops



- Danger of overstretching muscles

Application**9****FITNESS CHECK**

Skill-related fitness involves body movements that are useful in sports and everyday activities. You do not have to be a great athlete to develop better skill-related fitness. Below are several simple activities you can do to test your own skill-related fitness. In the blank below each description, write which of the six parts of skill-related fitness is being tested. Then answer the question at the bottom of the page.

-
1. **Vertical Jump:** Stand facing a wall. Hold a piece of chalk even with your fingertips. Reach as high as possible and make a mark on the wall. Then jump straight up and make another mark. Measure the distance between the two marks.

 2. **Double Ball Pass:** Start with two soccer balls, one for you and one for your partner. As your partner tosses a ball to you, bounce your ball to your partner. On the next exchange, make a straight toss while your partner bounces the ball. See how long you can go without making a mistake.

 3. **Line Walk:** Lay a strip of tape or draw a line on the ground about 30 feet long. Begin with both feet on the tape or line. Walk the length of the tape or line without stopping and without stepping off to either side.

 4. **Thirty-Yard Dash:** Measure a distance of 30 yards from a starting line. At a signal from your partner, sprint the distance. Have your partner time you with a stopwatch.

 5. **Beanbag Shuttle:** Measure a distance of 10 yards and draw two lines. Place two beanbags (or erasers, small wood blocks, etc.) at the second line. Have a partner use a stopwatch to time you in this activity. Starting at the first line, run until you reach the second line. Pick up a beanbag. Run back to the first line. When your foot has crossed the line, place the beanbag on the floor. Repeat. Have your partner stop the watch when you have placed the second beanbag on the floor.

 6. **Ruler Drop:** Hold your hand straight out with your thumb and forefinger apart. Have a partner hold a 12-inch ruler so that the bottom edge is between your thumb and forefinger. When the ruler drops without warning, catch it as quickly as you can. Measure the distance it dropped.

 7. How does developing and maintaining skill-related fitness influence your health?



9

Reinforcement

SKILL-RELATED WORD MATH

From the answers on the right, choose the term that best fits each definition on the left. Write the number of the answer in the box which corresponds to the question. If you choose the correct answers, the sum of the numbers in each row across and down, in the four corners, in the four center boxes, and in the diagonal boxes will be the same. You will not use all the words in the answer column.

Definitions

- a. ability to change body positions and to control body movement
- b. amount of time you take to move once you realize the need to move
- c. ability to keep upright posture while standing still or moving
- d. ability to perform a movement or to cover distance in a short time period
- e. a physical activity that does not require high skill-related fitness abilities
- f. in-born tendencies or traits
- g. recognition or awareness you have about your thoughts, actions, or appearance
- h. working with exercises that closely resemble your sport skill
- i. specific physical tasks that people can perform
- j. repeated performance of a skill
- k. helpful in selecting lifetime activities and sports
- l. to test your skills against those of another person
- m. ability to use sight together with foot movement
- n. ability to use strength quickly
- o. basic abilities that aid in learning sport skills
- p. ability to use sight together with hand movement

Answers

1. exercise
2. posture
3. speed
4. heredity
5. physical skills
6. skill-related fitness
7. power
8. compete
9. self-perception
10. agility
11. skill-related fitness profile
12. eye-foot coordination
13. reaction time
14. principle of specificity
15. health
16. jogging
17. balance
18. eye-hand coordination
19. practice
20. recreation

a.	b.	c.	d.
e.	f.	g.	h.
i.	j.	k.	l.
m.	n.	o.	p.

Total: _____



9

Chapter Test

ACTIVE SPORTS AND SKILL-RELATED PHYSICAL FITNESS

Choose the letter of the *best* answer for questions 1-14.

Use what you learned throughout the chapter to answer the final question.

1. A person's skill-related fitness is affected by the principle of specificity, practice, and
 - a. height.
 - b. weight.
 - c. muscle strength.
 - d. heredity.
2. With practice, anyone can
 - a. become an Olympic athlete.
 - b. be an expert at a given sport.
 - c. learn basic skills for sports.
 - d. excel in all parts of skill-related fitness.
3. A person who kicks a soccer ball hard but is slow getting to the ball demonstrates
 - a. poor speed.
 - b. poor health-related fitness.
 - c. poor balance.
 - d. lack of coordination.
4. A person with a low score on most or all parts of skill-related fitness can enjoy
 - a. jogging or walking.
 - b. hiking or speed swimming.
 - c. jogging or juggling.
 - d. cycling or balance-beam activities.
5. Specific physical skills can BEST be improved
 - a. by practicing.
 - b. through heredity.
 - c. by the principle of overload.
 - d. by increasing health-related fitness activities.
6. Which is NOT a skill-related fitness ability?
 - a. agility
 - b. balance
 - c. coordination
 - d. catching
7. Power is a combination of
 - a. speed and strength.
 - b. strength and coordination.
 - c. balance and speed.
 - d. strength and agility.
8. In a race, the first person to leave the starting line after the signal is given shows the best
 - a. speed.
 - b. reaction time.
 - c. agility.
 - d. coordination.
9. After you assess your skill-related fitness abilities you will be better able to
 - a. improve eye-foot coordination.
 - b. build strength and improve speed.
 - c. select personal lifetime activities.
 - d. increase endurance and agility.
10. Among the following activities, balance is MOST important in
 - a. jumping a hurdle.
 - b. kicking a football.
 - c. ballet dancing.
 - d. hitting a baseball.
11. Which is MOST important in learning to play tennis?
 - a. your skill-related fitness
 - b. your sport skills
 - c. your health-related fitness
 - d. the benefits of the activity
12. Details of a sport skill should be learned
 - a. from the first.
 - b. before the skill as a whole is learned.
 - c. only from a professional athlete.
 - d. only after the skill as a whole is learned.
13. The best reason for playing sports might be to
 - a. collect trophies.
 - b. become more popular.
 - c. build fitness.
 - d. win competitions.
14. Which is the best rule to follow in playing sports to meet your own needs?
 - a. Find a partner with different needs.
 - b. Pick a lifetime sport.
 - c. Concentrate on winning.
 - d. Play mainly on weekends.
15. Identify some guidelines you should follow before choosing a sport as part of your lifetime physical activity plan.
