

Skill Match Up

Match the following skill-related fitness component with the appropriate definition.

Skill-Related Fitness Component

- A. Agility
- B. Balance
- C. Coordination
- D. Power
- E. Reaction time
- F. Speed

Definition

1. The ability of the body to apply a maximum muscular contraction with the greatest possible speed. _____
2. The ability to move your body or parts of your body swiftly. _____
3. The ability to react or respond quickly to what you hear, see, or feel. _____
4. The ability to shift the body in different directions quickly and efficiently. _____
5. The ability to use your eyes and ears to determine and direct the smooth movement of your body (ex. hands, feet, arms, head).
6. The ability to control or stabilize your equilibrium while moving (dynamic balance) or staying still (static balance). _____