

SPORTS FITNESS



Fitness is the condition of being physically fit and healthy and involves attributes that include, but are not limited to mental acuity, cardiorespiratory endurance, muscular strength, muscular endurance, body composition, and flexibility.

Physical fitness has been defined as:

**A set of attributes (qualities) relating to people's ability to perform physical activity.*

***A state of well-being with low risk of premature health problems and energy to participate in a variety of physical activities.**

***The ability to meet the ordinary as well as the unusual demands of daily life safely and effectively without being overly fatigued and still have energy left for leisure and recreational activities.**

Any definition may include health-related and/or performance-related components, and they are not mutually exclusive--they overlap. You cannot develop power without training for speed and strength. Agility is comprised of speed, strength, power, flexibility, reaction time, balance, and coordination (skill), so sports training to improve one component also improves others.



The Definition of Fitness for Sports Training

Training for each sport, each team, and each athlete is different, so programs are developed differently. Sports fitness training programs are designed to condition athletes specifically for the unique demands of their sports by building the proper combination of components.

The following are recommendations for sports training according to experts:

- 1. Do not overanalyze.** Fitness components overlap. There is no need to conduct training activities to develop each fitness component independently. *Overanalysis can cause paralysis* for fitness training as well as for skill development.
- 2. Capitalize on the transfer of training.** Decide which training activities best transfer to sport performance regardless of whether they are classified as skills or fitness components.
- 3. Beware of new terms and new fitness training "research".** New buzz words or terms usually mean the same thing as commonly understood terms, but with a slightly different spin or from a new perspective. Find out exactly what the term means before you change from effective regimens to "revolutionary" new training methods.
- 4. Decide on your own fitness definitions.** Make your own educated decisions about what fitness components or combinations of them you should strive to develop for your athletes.
- 5. Know how to measure.** When you decide what sport fitness means for your athletes, find ways to evaluate it as you have defined it.

Playing sports helps reduce body fat or controls your body weight. Sports allow you will gain the satisfaction of developing your fitness and skills. Sports can help you fight depression and anxiety. Sports allows you to challenge yourself and set goals.

Best Sports for Overall Fitness

- **Swimming.** Swimming is not only a complete physical workout; it is also an awesome sport for your heart and a low-stress activity. ...
- **Tennis.** This is one of the best aerobic exercises on par with jogging and cycling. ...
- **Rowing.** ...



- **Wrestling.** ...
- **Squash.** ...
- **Basketball.** ...
- **Cycling.** ...
- **Cross-Country Skiing**

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