IGCSE 0413 Physical Education
Chapter 6: Fitness

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Key terms

Key Word	Definition
Fitness	the ability to cope with the demands of the environment
Nutrients	The substances in food that our bodies process in order to survive and grow
Carbohydrates	The sugars, starches and fibres found in fruits, grains, vegetables and milk products; the body's main source of energy
Fats	An essential part of our diet and a rich source of energy
Proteins	The building blocks of life found in every cell in the human body; proteins are made up of a chain of smaller units called amino acids; they help your body repair cells and make new ones
Health-related fitness	The components of physical fitness directly related to good health and meeting the demands of everyday life
Cardiovascular Endurance	Allows you to work for long periods of time with the lungs, heart and blood working efficiently to supply oxygen to the muscles. Needed in many sporting activities such as football, netball and swimming
Flexibility	Is the range of movement around a joint, demonstrated in activities such as bowling in cricket, gymnastics, karate and taekwondo
Muscular Endurance	Is the ability of your muscles to work continuously without getting tired. Used in activities such as climbing, long-distance running events and cycling
Power	Refers to being able to perform strength movements at speed and includes boxing, shot put and smash shots in tennis and badminton
Speed	Is the ability to perform a movement quickly over a distance such as the 100m sprint or throwing a rounders ball to base
Strength	Is the ability to exert the maximum amount of force in one go. This can be either explosive, such as a weightlifter lifting a maximum amount in one attempt, or static, such as rugby players in a scrum pushing against the other team
Skill-related fitness	The components of physical fitness that focus on skills and abilities needed to perform successfully in sporting situations
Agility	The ability to change the body position quickly under control
Balance	Being able to maintain a position, either static (still) or dynamic (moving)
Coordination	The ability to use two or more body parts at the same time
Reaction Time	The time is takes to respond to a stimulus (such as a starting pistol)
Test protocol	The correct procedure for carrying out a test: if done incorrectly, this might affect the results
Valid	The test succeeds in measuring what it sets out to measure: a test for leg strength should not use muscles in the arms
VO2 Max	The volume of oxygen that can be consumed while exercising at a maximum capacity