

10 Facets of Fitness

If your goal is optimum physical competence then all 10 general physical skills must be considered:

- 1. Cardio/Respiratory Endurance** - The ability of body systems to gather, process, deliver, oxygen.
- 2. Stamina** - The ability of body systems to process, deliver, store and utilize energy.
- 3. Strength** - The ability of a muscular unit or a combination of muscular units to apply force.
- 4. Flexibility** - The ability to maximize the range of motion at a given joint.
- 5. Power** - The ability of muscular unit or a combination of muscular units to apply maximum force in minimum time.
- 6. Speed** - The ability to minimize the time cycle of a repeated movement.
- 7. Coordination** - The ability to combine several distinct movement patterns into a singular distinct movement.
- 8. Agility** - The ability to minimize transition time from one movement pattern to another.
- 9. Balance** - The ability to control the placement of the bodies center of gravity in relations to its support base.
- 10. Accuracy** - The ability to control movement in a given direction or at a given intensity.

Improvement in this range of general physical skills requires both *physical training* and *general movement practice*. "TRAINING" refers to activities that improve performance capacity through measurable organic changes in the body. "PRACTICE" refers to activity that improves performance capacity through adaptive changes in the nervous system without other perceptible organic changes.

Both *training* and *practice* are needed to improve any physical performance; however, the general physical skills detailed above respond in differing degrees to each. Of the ten general physical skills, *the first four*, endurance, stamina, strength and flexibility, are those most *affected by training* activities. *The last four*, coordination, agility, balance and accuracy are most *affected by practice*. **Power and speed have equal requirements for training and practice.**