

Wellness Topic

Skill Related Fitness

Skill Related Fitness refers to the ability to perform well in physical activities and sports. To improve the performance in sporting activities such as running, gymnastics etc., one has to work on skill related fitness. Here are the components of skill related fitness:

- **Agility:** Agility is the ability to change the direction of your body quickly and efficiently at the speed of your travel. In games such as tennis, agility is important to reach the ball in time.
- **Balance:** Balance is the ability to remain in equilibrium while being stationary or moving. Activities such as gymnastics, ballet and skiing require balance.
- **Coordination:** Coordination is the ability to use your body parts and muscles to move smoothly and accurately.
- **Speed:** Speed is the ability to move your body from one point to another as fast as possible. Activities such as soccer, baseball, and gymnastics require speed.
- **Reaction Time:** Reaction time is the amount of time taken for you to respond to a stimulus (based on sight and touch).
- **Power:** Power is the application of speed and strength to produce a muscular movement. Almost all sports require power to perform well.

The above components of skill related fitness are important if you are training for a particular sport. Practicing a particular sport will improve the above components in that sport.