

Component of Fitness	Definition	Sporting Examples	Test
Cardiovascular Endurance	The ability of the cardiorespiratory system to work efficiently supplying nutrients and oxygen to working muscles during sustained PA.	Football ( <b>Kevin De Bruyne</b> ) → Needs good CV endurance to run over 90 mins	Multistage Fitness Test (Bleep Test)
Muscular Endurance	The ability of the muscular system to work efficiently, where a muscle can continue contracting over a period of time against a light or moderate fixed resistance load.	Rowing ( <b>James Cracknell</b> ) → Various muscles (legs, arms, core) need to be able to work against the current of the water	One-Minute Press-ups Test
Speed	Distance divided by time.	100m Sprinter ( <b>Usain Bolt</b> ) → Needs speed to run 9.58 100m	30m Sprint test
Strength	The extent to which a muscle or muscle groups can contract against a resistance.	Rugby ( <b>Ellis Genge</b> ) → Needs strength to be powerful in the scrum	Hand Grip Dynamometer Test
Power	The product of speed and strength.	Basketball ( <b>Michael Jordan</b> ) → Needs power to spring up for a rebound by the basket	Standing Vertical Jump Test
Agility	The ability of a sports performer to quickly and precisely move or change direction at speed.	Netball ( <b>Helen Housby</b> ) → Needs agility to dodge away from defending player to receive the ball	Illinois Agility Test
Balance	The ability to maintain the centre of mass of the body above the base of support.	Static and Dynamic Balance – Gymnastics → ( <b>Simone Biles</b> )	Stork Stand
Flexibility	The ability to move a joint fluidly through its complete range of movement.	Gymnastics ( <b>Simone Biles</b> ) → Needs flexibility around joints to perform skills such as the splits.	Sit and Reach Test
Coordination	The smooth flow of movement needed to perform a motor task efficiently and accurately.	Tennis ( <b>Novak Djokovic</b> ) → Needs good hand-eye coordination to hit ball with racket.	Alternate-Hand Wall Toss Test
Reaction Time	The time that it takes for a sports performer to respond to a stimulus and initiate a response.	F1 ( <b>Lewis Hamilton</b> ) → Reacting to the lights going out at the start of the race.	Ruler Drop Test

#### Interpreting the Results of Fitness Tests

**Reliability** – The conditions of the test must always be identical so that it is more likely the same results will be reproduced. (e.g., The Multistage Fitness Test was done inside in a controlled climate instead of outside where the weather and temperatures always vary)

**Validity** – Refers to the degree to which the test actually measures what it claims to measure (e.g., A speed test using shuttle runs may actually test a person's ability to turn – which is more about agility than speed)



### Television



Terrestrial



Terrestrial TV is free to watch as long as you have a TV License. You can watch channels such as BBC, ITV and Channel 4. Some international matches are shown on these channels, along with the FA Cup Final.

Satellite



Satellite TV is usually paid for through a monthly subscription. It includes channels such as Sky Sports and BT Sport. This allows you to watch Premier League games for both football and rugby.

Pay Per View



Pay Per View involves paying a one off fee to watch a match or event. They are usually boxing matches and can be bought from Sky Sports Box Office or BT Sport Box Office.



### Written Press



Newspapers



Newspapers cover sport in the back section. They mainly focus on football, rugby and cricket, but do give some coverage to other sports.

Magazines



Sports magazines usually offer coaching tips, information on the latest equipment and interviews with professionals.



Fanzines

Fanzines are magazines written by fans for fans. They usually include interviews, match reviews and information on the team.

Books

Sports books can be in the form of autobiographies, books on the history of the game or a certain team and books on tactics.



### Internet



Social Media



Players and teams often use social media to engage with fans and keep them up to date.

Podcasts

Podcasts can be listened to online and discuss various topics in sport.

Blogs

A blog discusses different topics in sport, they usually focus on one sport.

Live Streams

Live streams allow people to watch a match live online.

P2P Sharing

Peer to Peer file sharing is a way to watch videos online.

Fan Sites

Fan websites are created by fans for fans.

Video-sharing Sites

A video sharing website allows people to access sport videos.



### Radio



Internet Radio Stations

Most radio stations can also be listened to online.

National Radio Coverage



National radio coverage covers the whole country. They will usually cover some sport in their news section, but this will focus on the top teams.

Local Radio Coverage

Local radio stations cover a smaller area and will give more coverage to local teams.



Dedicated Sport Radio Stations



Sports radio stations give live commentary, interviews and often have opportunities to phone in.

### Positives

- **Increased exposure of minority sports.** For example, darts became more popular after Sky coverage.



- **Increased promotional opportunities.** Clubs can have their own TV channels and websites.



- **Education.** Media coverage can help educate people on rules and techniques.



- **Increased income which benefits sport.** Income generated by the media can be invested in to facilitate youth programmes.



- **Inspiring people to participate.** Coverage of events such as The Olympics can encourage people to get involved in sport. Media coverage also gives us a lot of positive role models.



- **Competition between sports and clubs.** Competition for viewers means that clubs need to think more about the needs of their customers and how they can attract more viewers.



### Negatives

- **Decline in live spectatorship.** Sport is so easily accessible from home and online that this can lead to less people going to watch the game live.



- **Loss of traditional sporting values.** The media can put more pressure on athletes and teams to win which can work against sportsmanship.

- **Media coverage of inappropriate behaviour of athletes.** Inappropriate behaviour both on and off the pitch is often documented by the media. For example swearing and violent conduct on the pitch or behaving badly off the pitch.

- **Increased pressure on officials.** Decisions can often be scrutinised and hype around certain events can often make their job harder.

- **Newspapers are dominated by a few sports.** Male dominated sports are often featured more in newspapers.

- **Saturation.** There is so much sport coverage that some people may get fed up with it.



## The Relationship Between Sport and the Media

Sport uses the media to promote itself. For example some high profile clubs have their own TV channel.

The media uses sport to promote itself. For example more people will buy Sky because they want access to the sport it offers.

Sport as a commodity. Many sports rely on the media as a source of revenue and it can also help attract wealthy owners.

Sponsorship and advertising. The amount of media coverage given to sport can help bring in more sponsors for clubs and athletes.

The adoption and rejection of sporting heroes can be influenced by the media. For example David Beckham is seen as a sporting hero.

Criticism through the media has increased. Sports performers and management are now much more exposed to the media.