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| **Coursework Planning Sheet: Fitness Strength** |
| *Fitness Component Strength:*  |  |
| *Name and definition of the fitness component*  |
|  |
| *Describe the fitness component and its application to your sport in general*  |
|  |
| *Link the fitness component to the sport, position or role you play – why is it important* |
|  |  |  |
| *Give one example – how is the fitness component used in performance? Its effect on the performance, other players and the overall result.* |
|  |
| *Give a second example - how is the fitness component used in performance? Its effect on the performance, other players and the overall result.*  |
|  |
| *Explain the positive effect of this component on overall performance.*  |
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| **Coursework Planning Sheet: Fitness Weakness** |
| *Fitness Component Weakness:*  |  |
| *Name and definition of the fitness component*  |
|  |
| *Describe the fitness component and its application to your sport in general*  |
|  |
| *Link the fitness component to the sport, position or role you play – why is it important* |
|  |  |  |
| *Give one example – how is the fitness component used in performance? Its effect on the performance, other players and the overall result.* |
|  |
| *Give a second example - how is the fitness component used in performance? Its effect on the performance, other players and the overall result.*  |
|  |
| *Explain the positive effect of this component on overall performance.*  |
|  |