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| **Coursework Planning Sheet: Fitness Strength** | | |
| *Fitness Component Strength:* |  | |
| *Name and definition of the fitness component* | | |
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| *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.* | | |
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