

Skill Related Fitness Components

or Motor Skill Performance Related Fitness related to the quality of one's movement skill.

- **Agility** – the ability to change direction quickly while the body is in motion.
- **Balance** – the ability to maintain one's equilibrium in relation to the force of gravity.
 - **Static Balance** – the ability to maintain one's equilibrium in a fixed position.
 - **Dynamic Balance** – the ability to maintain one's equilibrium while the body is in motion.
- **Coordination** – the ability to integrate separate motor system with varying sensory modalities into efficient movement.
- **Power** – the ability to perform one maximum effort in as short a period of time as possible.
- **Reaction Time** – the amount of time elapsed from the time the senses signal the need to move to the first movement of the body.
- **Speed** – the ability to move from one point to another in the shortest amount of time possible.