



Athlete Health and Wellbeing

Components of Fitness

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Hello again coaches, parents and athletes, and thank you for taking the time to peruse these articles. The content for today's article will hopefully build or further your understanding of the components of fitness, how they are seen and to what importance they are throughout our sport.

The components of fitness are divided into health related and skill related.

The health-related components of fitness are:

- body composition,
- cardiorespiratory fitness (aerobic),
- muscular strength,
- muscular endurance, and
- flexibility.

The skill related components are:

- agility,
- coordination,
- balance,
- power,
- speed, and
- reaction time.

Each of these components are needed in different amounts depending on which, if any, sport you participate in.

For us as volleyball players, my viewpoint suggests that we need a high level of all of the skill-related components, coupled with the favouritism of muscular strength and flexibility from the health related components. While we do need a solid base of aerobic and muscular endurance as well as a good fat free mass percentage, these are not as important in my opinion.

All of the necessary components for volleyball can be tied together. A good base of muscular strength coupled with good speed allows us to be powerful and agile so we can jump higher, hit harder and move to the ball quicker. Balance and reaction time are also intertwined so that we can perform skills properly and react to the ball quickly initiating our agility to the ball.

The take home messages from this article are as followed: all skills require a combination of each component and this may help you to self-feedback potential areas to improve upon, we need to be strong in order to be powerful in gross motor skills as well as protect ourselves from injury and finally, now that you know about these components and may potentially identify some to work on, you can research how to develop said components and improve your overall game. Failing this asking your coaches or speaking to our director of high performance (Angus Sullivan) will enable you to get more information regarding this content.