

# ASSESSING SKILL-RELATED FITNESS ABILITIES

<b>Skill-related fitness ability</b>	<b>Definition</b>	<b>Ways to assess</b>
<b>Agility</b>	Ability to change the position of your body quickly and to control your body's movement	Side shuttle, figure-eight run, forward shuttle run, stunts that require change in position of the whole body such as gymnastics or wrestling
<b>Balance</b>	Ability to keep an upright posture while standing still or moving	Stick balance, walking on a balance beam, stunts such as handstand or headstand
<b>Coordination</b>	Ability to use your senses together with your body parts, or to use two or more body parts together	Wand juggling, Hacky Sack or foot bag kicking, bouncing a soccer ball on your head
<b>Power</b>	Ability to use strength quickly (involves both strength and speed)	Standing long jump, throwing a medicine ball
<b>Speed</b>	Ability to perform a movement or cover a distance in a short period of time	Short sprint, 50-yard dash (also includes reaction time), swimming speed
<b>Reaction time</b>	Amount of time it takes you to move once you realize you need to act	Yardstick drop test, determining the amount of time it takes to step on a brake pedal after seeing a stop signal