

The components of motor performance – related to fitness in children and adolescents (II)

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Abstract

Performance-related fitness is an aspect of physical fitness distinct from health-related fitness. The components of performance-related fitness are motor coordination, balance, speed of movement, agility and power. It is important to emphasize that movement control (balance, motor coordination and agility) should be developed prior to force production (speed and power). Motor performance components are highly correlated with the somatotype. With common tests may be assessed specific aspects of the components of motor performance-related fitness in children and adolescents. Children should understand the benefits of physical activity for increased muscular strength and endurance, improved values of cardiovascular endurance, greater joint flexibility, optimum body composition and performance/related fitness.

Keywords: fitness, balance, motor coordination, agility, speed, power, tests for motor performance, children, adolescents.