WHAT IS SKILL-RELATED FITNESS?

PHYSICAL & EMOTIONAL
AGILITY

Physical Agility
• The ability to change body position and direction quickly and efficiently.

Emotional Agility
• The ability to respond positively and optimistically in a variety of social and emotional situations and to regain optimism when negative events occur.
BALANCE

**Physical Balance**
- The ability to adjust the distribution of weight in order to remain upright and/or steady.

**Emotional Balance**
- The ability to stabilize the emotional response to a potentially unstable social and emotional situation.
COORDINATION

Physical Coordination
• The ability to combine movements of several parts for a focused purpose or task.

Emotional Coordination
• The ability to empathize with others and respond appropriately and productively to provide social and emotional support.
POWERS

Physical Power
• The ability to quickly produce maximum force.

Emotional Power
• The ability to apply the energy created from an emotional response (e.g., anger, sadness, frustration) in a positive and constructive way.
REACTION TIME

Physical Reaction Time
• The ability to quickly and effectively respond to a stimulus through purposeful movement.

Emotional Reaction Time
• The ability to quickly regulate an emotional response when faced with a variety of immediate social and emotional challenges.
SPEED

**Physical Speed**
The ability to move the body quickly from one point to another.

**Emotional Speed**
- The ability to use personal enthusiasm to improve the emotional state of others.