

List of Athlete Athletic (Performance) and Fitness Component Goals

Below are a list of different types of athletes that each have a specific Athletic (sport specific performance goal) and a Fitness (one of the 5 fitness components) Goal. You need to choose one of these athletes to feature in your project.

#1 Athlete: Soccer Player

Skill/Performance Goal: Improve **lateral agility**

Fitness Component Goal: improve **cardio** so that I can play entire games without getting gassed out

Format: *Tabata Circuit*

Required Equipment: *Agility Ladder*

#2 Athlete: Volleyball Player

Skill/Performance: Increase the **power** of my vertical leaps so that I can jump higher and faster

Fitness Component Goal: Improve overall **upper and lower body muscular strength and endurance** so that my legs don't tire as much after games

Format: 40/20 Circuit

Required Equipment: Kettlebells

#3 Athlete: Swimmer

Skill/Performance: improve my final 50m "kick" sprint **speed** in order to win more races

Fitness Component Goal: increase my **upper body muscular strength and endurance** and overall **cardio**

Format: 30/10

Required Equipment: Power Bands

#4 Athlete: Tennis Player

Skill/Performance: improve the **speed and power** of my groundstrokes (forehand and backhand)

Fitness Component Goal: Improve my core **muscular strength/endurance** and **cardio**

Format: 50/10

Required Equipment: Dumbbells

#5 Athlete: Basketball Player

Skill/Performance: Improve the **power of my vertical leap** so that I can dunk easier

Fitness Component Goal: Improve my overall muscular strength and endurance so that I can battle inside for more rebounds

Format: 45/15

Required Equipment: Aerobic Steps

#6 Athlete: Dancer

Skill/Performance: Improve my **balance** in order to improve my overall performance scores

Fitness Component Goal: Improve my overall **core muscular strength and endurance**

Format: 40/20

Required Equipment: Balance Trainer (BOSU)

#7 Athlete: Basketball Player

Skill/Performance: Improve my overall **agility** to help me be a better defender

Fitness Component Goal: Improve my **cardiovascular endurance** because I get tired in the 2nd half of games and need to be subbed out

Format: 50/10

Required Equipment: Agility Ladders

#8 Athlete: Track and Field Hurdler

Skill/Performance: Improve the overall **power in my jump** over the hurdles

Fitness Component Goal: Increase the **muscular strength and endurance** in my legs and core

Format: Tabata

Required Equipment: Agility Hurdles

#9 Athlete: Tennis Player

Skill/Performance: Improve my all around **agility** in tennis matches so that I can get to difficult shots faster

Fitness Component Goal: Improve my upper body **muscular strength/endurance** in order to generate more speed on my groundstrokes

Format: 45/15

Required Equipment: Battle Ropes

#10 Athlete: Basketball Player

Skill/Performance: Improve the **power** of my vertical leap so that I can dunk

Fitness Component Goal: Increase my **upper body muscular strength and endurance** so that I don't get pushed around as much when fighting for rebounds

Format: 40/20

Required Equipment: Aerobic Steps

#11 Athlete: Volleyball Player

Skill/Performance: Improve the **speed and power** of my vertical leap so that I can spike the ball harder

Fitness Component Goal: Improve my overall **cardio** so I don't get too tired at the end of long matches

Format: 30/10

Required Equipment: Power Bands

#12 Athlete: Football Player

Skill/Performance: Improve my **lateral agility** so that I shift better in games

Fitness Component Goal: Improve my **lower body and core muscular strength and endurance**

Format: Tabata

Required Equipment: Agility Ladders and Hurdles

#13 Athlete: Gymnast

Skill/Performance: Improve my overall **coordination and balance** in order to score higher on my floor routines

Fitness Component Goal: Improve my **upper body and core muscular strength and endurance**

Format: 40/20

Required Equipment: Battle Ropes

#14 Athlete: Softball/Baseball Player

Skill/Performance: Improve my overall bat **speed** so I can hit more home runs

Fitness Component Goal: I play catcher so I want to improve my overall **leg muscular strength and endurance**

Format: 50/10

Required Equipment: KB

#15 Athlete: Soccer Player

Skill/Performance: Improve the overall **power and speed** of my kicks

Fitness Component Goal: improve **cardio** so that I can play entire games without getting gassed out

Format: 40/20 (On The Minute)

Required Equipment: Balance Trainers

Skill/Performance Components: power, speed, agility, balance, coordination, reaction time

Fitness Components: cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition