

# 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:** AMRAP Stations      **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:** Pacer      **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:** Pacer      **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 cardio because I get tired in the 2nd half of games and need to be subbed out

**Format:** AMRAP Stations      **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:** AMRAP Stations

**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:** Pacer

**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:** Tabata

**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:** AMRAP Stations

**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:** Pacer

**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

**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