

Five Fitness Components

Flexibility-The range of motion around a joint.

Muscular Strength-The ability to exert an external force of lift a heavy weight.

Muscular Endurance-The ability of the muscles to repeatedly exert themselves.

Cardiovascular Endurance-the ability of the heart, blood vessels, blood and respiratory system to supply fuel, especially oxygen (O₂) to the muscles.

Body Composition-the relative percentage of muscle, fat, bone, and other tissues of which the body is composed.

FitnessGram- Health Related fitness components:

Body Mass Index=BMI-Body Composition

Sit and Reach-Flexibility

Curl up Test-Muscular Endurance

Flexed Arm hang-Muscular Strength

Aerobic Capacity (PACER test)-Cardiovascular Endurance/Fitness

Aerobic Fitness=Uses more Oxygen, Cardiovascular Endurance, heavy breathing over a period of time. Examples-running, jumping jacks, jumping rope.

Anaerobic Fitness=Uses less Oxygen, Muscular Strength, and short burst of exercise. Examples-Sprints, weight lifting.

B.E.E.F.=Balance, Eyes, Elbow, Follow Through= in basketball for a jump shot.