Components of Fitness
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- Skill-Related
  - Agility
  - Speed
  - Reaction Time
  - Power
  - Balance
  - Coordination

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Components of Fitness

- Health-Related
  - Cardiorespiratory fitness
  - Muscular strength
  - Muscular endurance
  - Flexibility
  - Body composition

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Health-Related Components of Fitness: Cardiorespiratory Endurance

- Ability of heart, lungs, & blood vessels to deliver oxygen to working muscles
- Large-muscle, rhythmic activities, extended over time
  - Running
  - Walking
  - In-line skating
  - Cycling

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Health-Related Components of Fitness: Muscular Strength

- The maximum amount of force exerted by a muscle or muscle group at once
  - Lifting as heavy weight as possible
  - One repetition

- Lifting activities
  - Weight training
  - Isometric exercises
  - “Power lifting”
  - Bodybuilding

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Health-Related Components of Fitness: Muscular endurance

- Ability to exert submaximal force over extended period of time or over many repetitions
- Lifting activities
  - Weight training
  - Pilates

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Health-Related Components of Fitness: Flexibility

• The range of motion around a joint within the body
  – Flexibility of the shoulder, e.g.
  – Flexibility of the hip, e.g.

• Flexibility activities
  – Stretching
  – Yoga

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Health-Related Components of Fitness: Body Composition

- The amount of fat, muscle, and bone present in the body
- Body composition not an activity but is affected by activity
  - Cardio activity may reduce fat, increase muscle, bone, e.g.

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Which activity best works cardiorespiratory fitness?

- Bowling
- Yoga
- Cross country skiing
- 100-meter dash
Incorrect
Correct!
Which activity best works upper body muscular endurance?

- Marathon training
- Soccer
- Upper body stretching
- Rock climbing
Incorrect
Correct
Which activity best works lower body muscular strength?

Weight training: squats, lifting heavier weights

Weight training: squats, lifting lighter weights

Running: short distances, fast

Running: long distances, slow
Correct