

Getting Fit and Healthy

Components of Fitness:

| | | |
|--|--------------------|---|
| Cardiovascular fitness Body fat | Flexibility | Muscular endurance Muscular strength |
|--|--------------------|---|

1. _____ is the ability of the heart and lungs to work efficiently during physical activity.

Example exercises: _____

2. _____ is when a person is able to move their joint through the full range of motion.

Examples exercises: _____

3. _____ is the ability of a person to contract the muscle many times without getting tired.

Example exercises: _____

4. _____ when a muscle can produce maximum force to do 1 repetition.

Example exercises: _____

5. _____ is the percentage of person's weight made up of fat.

Skill-Related Physical Fitness Components:

| | | |
|--------------------------------|--|-------------------------------------|
| Power Agility | Balance Reaction time | Speed Coordination |
|--------------------------------|--|-------------------------------------|

1. _____ - is the ability of an athlete being able to change body position quickly.

2. _____ - is the ability of a person to hold certain position while moving or in still position.

3. _____ - is the ability to use the right muscle fast and precisely to make desired outcome.

4. _____ is the ability to combine speed and strength to do a strong movement.

5. _____ is how much time it takes for a person to realize that one has to move to continue the desired process.

6. _____ is the ability to get from point A to point B in the shortest amount of time.