

PE HOMEWORK DUE TUE. 10/20/15

NAME: _____ HOMEROOM TEACHER: _____ PE TEACHER _____

- Match the Fitness Components with the Fitness Test. Components may be used more than once. The Trunk lift assesses 2 Fitness Components

Fitness Test

Fitness Component

- 1) PACER
- 2) Push Ups
- 3) Curl Ups
- 4) Sit and Reach
- 5) Trunk Lift

FITNESS COMPONENTS

- A. Flexibility:** The range of motion available in the joints and muscles. It gives you mobility and reduces the risk of injury.
- B. Muscular Strength:** The force a muscle or muscle group can exert when flexed. When you pick up an object, you use the bicep muscles to exert force against gravity.
- C. Muscular Endurance:** It is measured by the length of time you can continually exert a muscular force, or by the number of contractions the muscle can withstand before becoming fatigued.
- D. Cardiorespiratory Endurance:** The ability of the heart and lungs to deliver oxygen and blood to the muscles during exercise. It is a measure of the heart's stamina and is also referred to as aerobic exercise.