

Components of Health Related Fitness

Study Guide

Muscle Endurance is defined as the ability to use your muscles for a long period of time without becoming tired.

Muscle Strength is defined as the ability of the muscles to exert force ONE time.

Flexibility is described as the range of movement at a joint.

Aerobic Capacity is defined as the body's ability to take in and transport oxygen to the body during exercise. (also known as Cardio-Respiratory Endurance)

Body Composition refers to the relative amounts of fat and lean tissue in your body.

Fitnessgram Assessment

Muscle Strength, Endurance and Flexibility

Abdominal Strength and Endurance – **Curl Ups**

Trunk Extensor Strength and Flexibility – **Trunk Lift**

Upper Body/ Chest Strength and Endurance - **Push – Ups**

Back Flexibility - **Back Saver Sit and Reach**

Aerobic Capacity – **PACER**

Body Composition – **Height and Weight**

Examples of Ways to Improve Fitness Components

Muscle Strength – Lifting weights (high weight – low reps), Weight bearing exercises

Muscle Endurance – Lifting weights (low weight – high reps), Weight bearing exercises

Flexibility – Stretching, Yoga, Gymnastics

Aerobic Capacity – Running, Biking, Jumping Rope, Swimming, & Dancing

Body Composition – Be active everyday (60 minutes), limit watching t.v. and playing video games, adopt a healthy diet containing fruits and vegetables, eat limited amounts of foods with solid fats and added sugars.