

Health-Related Fitness: How well the systems of your body operate together.

There are five components of health-related fitness:

- Body composition
- Cardiovascular fitness
- Muscular strength
- Muscular endurance
- Flexibility



Health-Related Fitness vs. Skill-Related Fitness

Body composition is the relative percentage of body fat to lean body tissue.

Health-Related Fitness vs. Skill-Related Fitness

Cardiovascular fitness is the ability of your body to work continuously for extended periods of time.



Health-Related Fitness vs. Skill-Related Fitness

Muscular strength refers to the maximum amount of force a muscle or muscle group can exert against an opposing force.



Health-Related Fitness vs. Skill-Related Fitness

Muscular endurance refers to the ability of the same muscle or muscle group to contract for an extended period of time without undue fatigue.



Health-Related Fitness vs. Skill-Related Fitness

Flexibility is the ability to move a body part through a full range of motion.

Skill-Related Fitness

Skill-related fitness has six components:

Agility

Balance

Coordination

Speed

Power

Reaction time



Health-Related Fitness vs. Skill-Related Fitness

Agility is the component of skill-related fitness that accounts for an athlete's "quick feet."



Term to Know

Agility

The ability to change and control the direction and position of the body while maintaining a constant, rapid motion.

Health-Related Fitness vs. Skill-Related Fitness

Balance helps you maintain control while coordinating your movements.

Balance in sports depend in large measure on biomechanics. ▶


Term to Know

Balance

The ability to control or stabilize the body while standing or moving.

Health-Related Fitness vs. Skill-Related Fitness

Coordination requires using a combination of different muscle groups at once.

Coordination can only be sharpened with practice. 


Term to Know

Coordination

The ability to use the senses to determine and direct the movement of your limbs and head.

Health-Related Fitness vs. Skill-Related Fitness

Speed is largely determined by heredity, speed can be increased.

Building muscular strength can lead to gains in speed. 

Term to Know

Speed

The ability to move your body, or parts of it, swiftly.

Health-Related Fitness vs. Skill-Related Fitness

Power is a function of both speed and muscular strength.

Proper biomechanics can also enhance power by improving your balance, coordination, and speed.



Term to Know

Power

The ability to move the body parts swiftly while simultaneously applying the maximum force of your muscles.

Health-Related Fitness vs. Skill-Related Fitness

The quicker your response,
the better your **reaction time**.

Term to Know

Reaction time

The ability to react or respond quickly to what you hear, see, or feel.