

GLENCOE
**FOUNDATIONS OF
PERSONAL FITNESS**

CHAPTER 3

Designing a Personal Fitness Program

Lesson 1

Health-Related and Skill-Related Fitness



What You Will Do

Identify the specific components of health-related and skill-related fitness.

Compare and contrast health-related and skill-related fitness.

Analyze factors that influence your health-related and skill-related fitness.

Demonstrate the skill-related components of fitness.



Terms to Know

energy cost

agility

balance

coordination

speed

power

reaction time



Health-Related Fitness vs. Skill-Related Fitness

Total physical fitness includes:

Health-related fitness. This is your ability to become and stay physically healthy.

Skill-related fitness. This is your ability to maintain high levels of performance on the playing field.



Health-Related Fitness

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.


Cardiovascular fitness is sometimes called **cardiorespiratory endurance**.



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.

It contributes to more efficient movement and reduces your **energy cost**.



Term to Know

Energy cost

The amount of energy needed to perform different physical activities or exercise.

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.

The higher your level of muscular endurance, the lower your energy cost.



Health-Related Fitness vs. Skill-Related Fitness

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

A moderate to high level of flexibility is central to efficient physical movement.



Health-Related Fitness vs. Skill-Related Fitness

The Benefits of Flexibility

Helps reduce your risk for muscle and bone injuries.

Improves performance fitness.

Reduces some types of muscle soreness following physical activity or exercise.

Improves functional health and fitness.



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.

Health-Related Fitness, Skill-Related Fitness, and You

Agility, coordination, and power are skill-related components that can be improved through practice.

Health-related fitness can be improved by participating in many physical activities that are not necessarily related to sports or games.



CHAPTER 3 Designing a Personal Fitness Program

Lesson 1 Health-Related and Skill-Related Fitness

Lesson 1 Review

Reviewing Facts and Vocabulary

- **Recall** What physical activities require a high level of balance, coordination, and speed? Why?
- **Vocabulary** List and define each of the five health-related fitness components.

2. Vocabulary

Body composition;
Cardiovascular fitness;
Muscular strength; Muscular
endurance; Flexibility.

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End of
CHAPTER 3
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Lesson 1
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Fitness Check



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