

COMPONENTS OF FITNESS

1. CARDIOVASCULAR
2. MUSCULAR STRENGTH
3. MUSCULAR ENDURANCE
4. FLEXIBILITY
5. BODY COMPOSITION

CARDIOVASCULAR FITNESS



* THE ABILITY OF THE BODY'S CIRCULATORY AND RESPIRATORY SYSTEMS TO SUPPLY OXYGEN TO THE MUSCLES DURING PHYSICAL ACTIVITY

AT SCHOOL
EXAMPLE: TAG
GAMES, WARM UP

AT HOME EXAMPLE:
WALKING/RUNNING
WITH A PET

FITNESS TEST
EXAMPLE: PACER

MUSCULAR STRENGTH



* THE ABILITY OF MUSCLES TO DO WORK

***MUSCLES WORKING HARD FOR ONE TIME**

AT SCHOOL
EXAMPLE: CARRYING
HEAVY BOOK BAG

AT HOME EXAMPLE:
PICKING UP THE
TRASH

FITNESS TEST
EXAMPLE: PUSH
UP, CURL UP WITH
CADENCE

MUSCULAR ENDURANCE



* ABILITY TO PERFORM PHYSICAL
ACTIVITY OVER A PERIOD OF TIME
WITHOUT GETTING TIRED

AT SCHOOL
EXAMPLE: WRITING
FOR LONG PERIODS

AT HOME EXAMPLE:
SHOVELING THE
SNOW

FITNESS TEST
EXAMPLE: CURL UP
AND PUSH UP

FLEXIBILITY



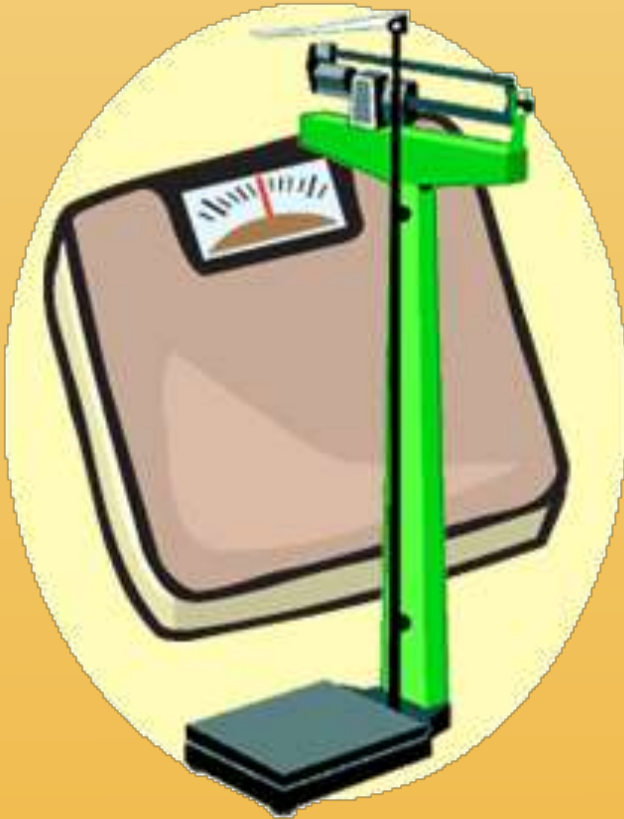
** RANGE OF MOTION OF A JOINT*

AT SCHOOL
EXAMPLE:
STRETCHING TO TAG
SOMEONE IN P.E.

AT HOME EXAMPLE:
REACHING TO THE
TOP SHELF

FITNESS TEST
EXAMPLE: SIT AND
REACH

BODY COMPOSITION



- * RATIO OF FAT TO MUSCLE
- * PERCENTAGE OF FAT, BONE, & MUSCLE IN THE BODY
- * 10% FAT IS CONSIDERED HEALTHY
- * TESTS: SKINFOLD, WEIGHT, HYDROSTATIC WEIGHING, BIOELECTRICAL IMPEDANCE

AT SCHOOL
EXAMPLE:
IMPROVEMENT

AT HOME EXAMPLE:
IMPROVEMENT

FITNESS TEST
EXAMPLE:
IMPROVEMENT