

CONCEPT: PHYSICAL FITNESS COMPONENTS

Introduction to Physical Fitness

◆ **Physical Fitness:** set of attributes that enables the body to _____ moderate to vigorous physical *activity*.

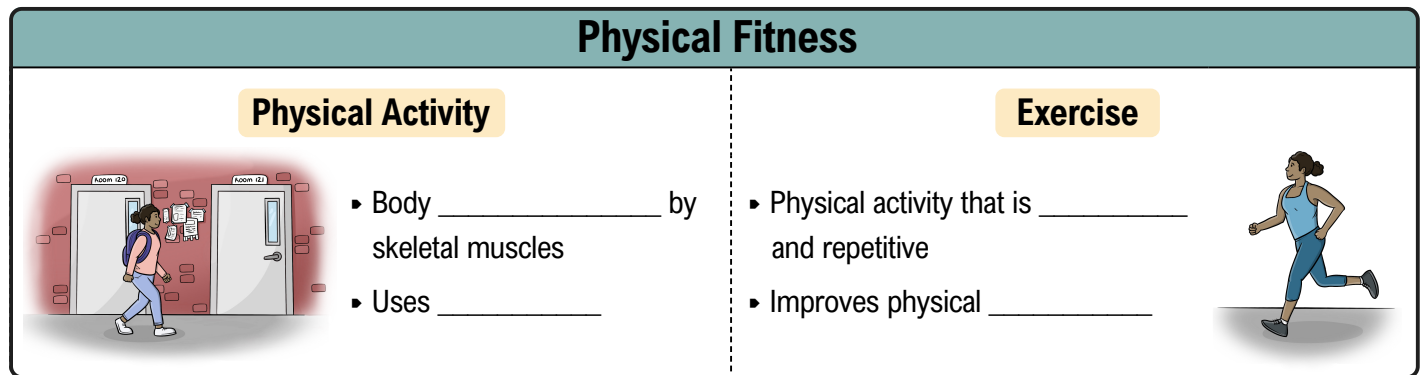
- Without excessive _____ afterwards.

Moderate Activity

Increase in heart rate and breathing; can still talk.

Vigorous Activity

Significant increase in heart rate and breathing; can only speak a few words.



◆ Physical Fitness is made up of 2 categories: _____ related components and _____ related components.

EXAMPLE

Label each activity as physical activity (PA) or exercise (E).

- | | |
|--|--|
| a) Taking the stairs over elevator _____ | d) Playing soccer on a school team _____ |
| b) Running to your car to avoid the rain _____ | e) Cleaning the house _____ |
| c) Kickboxing _____ | f) Running on a treadmill _____ |

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Health Components

◆ There are 5 components directly linked to _____ and well-being:

Aerobic Activity

Prolonged activity that uses large muscle groups, increases heart rate and oxygen intake.

Health Components		
1. Cardiorespiratory Fitness <ul style="list-style-type: none">► Ability of heart, lungs & blood vessels to supply _____ to muscles.► Improved through aerobic activity.► Measured by aerobic capacity (VO_{2max}).<ul style="list-style-type: none">- Max _____ of oxygen used by muscles.	2. Flexibility <ul style="list-style-type: none">► Range of _____ possible at a joint or group of joints.	3. Body Composition <ul style="list-style-type: none">► Relative amount of _____ and lean muscle mass.
4. Muscular Strength <ul style="list-style-type: none">► Max amount of _____ a muscle can produce.► Measured by 1 Repetition Maximum (RM):<ul style="list-style-type: none">- Max amount of _____ moved 1 time.	5. Muscular Endurance <ul style="list-style-type: none">► Ability of muscle to sustain _____ contractions.► Measured by:<ul style="list-style-type: none">- How _____ a position can be held or;- How _____ repetitions can be performed.	

EXAMPLE

Sophia started going on walks to lower her blood pressure. After 3 months of regular walks, Sophia noticed she is able to walk farther, faster and no longer feels out of breath. Which health related component of fitness did Sophia improve?

- | | | | |
|---------------------|-----------------------|------------------------------|----------------------|
| a) Cardio endurance | c) Speed | e) Cardiorespiratory fitness | g) Muscular Strength |
| b) Flexibility | d) Muscular endurance | f) Body Composition | h) Aerobic capacity |

PRACTICE

Which activity is an example of muscular endurance rather than muscular strength?

- a) Pushing a stalled car for a very short distance.
- b) Lifting the heaviest weight possible for one repetition.
- c) Bench pressing a heavy weight for 3 reps.
- d) Performing 30 sit-ups in a row.

CONCEPT: PHYSICAL FITNESS COMPONENTS

Skill Components

- ◆ There are 6 components that improve ability to perform _____ activity and are important for healthy _____.
- These are best improved through practice.

Skill Components		
1. Agility ▪ Ability to change body's _____ fast & accurately.	2. Balance ▪ Ability to maintain body's _____ while moving or staying still.	3. Coordination ▪ Ability to perform _____ movements using senses and body parts.
4. Speed ▪ Ability to perform movements _____.	5. Power ▪ Ability to exert _____ quickly. - Combination of strength & speed.	6. Reaction Time ▪ Ability to _____ fast to a stimulus.

EXAMPLE

During a senior wellness program, Maya practices quick footwork and balance exercises. These activities are most likely to improve:

- a) skill related fitness b) flexibility fitness c) health related fitness d) metabolic fitness

PRACTICE

During a track meet, a runner quickly shifts their body on a winding course without slowing down or stumbling. Which skill related component of fitness does this demonstrate?

- a) Power c) Reaction time e) Flexibility g) Motor skill
b) Agility d) Balance f) Coordination h) Speed