***Components of Fitness***

**5 components of fitness:**

**Complete the following questions using the word bank provided and list one exercise that will strengthen that specific component:**

**Cardiorespiratory Fitness Flexibility Muscular Strength**

**Body Composition Muscular Endurance**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the ability of the heart and lungs to work efficiently during physical activity.

Example exercise: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the ability of a person to contract the muscle many times without getting tired.

Example exercise: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is when a muscle can produce maximum force to do one repetition.

Example exercise: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is when a person is able to move their joint through full range of motion.

Example exercise: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the amount of fat in the body compared to the amount of lean mass.

Example exercise: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Skill-Related Physical Fitness Components:**

**Using the word bank fill in the correct fitness components to match the following definitions:**

**Balance Power Reaction time**

**Speed Agility Coordination**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the ability to move the body parts swiftly while applying the maximum force of the muscles.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the ability to get from point A to point B in the shortest amount of time.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the ability to change direction quickly and still keep control of the whole body.
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the ability to control or stabilize the body when a person is standing still or moving.
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the time it takes to respond to a stimulus.
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the ability to use body parts and senses together to produce smooth efficient movements.

**For each of the sports illustrated below, list the three most important skill related fitness components in the spaces provided. Use the word bank to help you.**

**Balance Power Reaction time**

**Speed Agility Coordination**

**Perform each activity as fast and as many times as you can for 30 seconds. Record your heart rate before and immediately after each activity. Alternate activities between you and your partner to give your heart rate a chance to return to its normal rate.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Activity** | **Time** | **Component** | **Heart Rate (Before)** | **Heart Rate (After)** |
| **Ladder drill**Run through ladder | **30 sec.** | **Agility** |  |  |
| **Balance at three levels**Balance from a low level for 10 seconds, medium level 10 seconds and high level 10 seconds on a bosu ball | **30 sec.** | **Balance** |  |  |
| **Soccer tap** Place soccer ball on the ground in front of you. Tap with right toe and then with left toe alternate taps and go as fast as you can | **30 sec.** | **Coordination** |  |  |
| **Sprints** Perform short sprints. As soon as you finish sprint back repeat for 30 seconds | **30 sec.** | **Speed** |  |  |
| **Skip with knee lifts** Perform skipping motion with high knee lifts | **30 sec.** | **Power** |  |  |
| **Drop and catch** Hold a ball in one hand and drop. Attempt to catch ball with the same hand just before it hits the ground | **30 sec.** | **Reaction Time** |  |  |