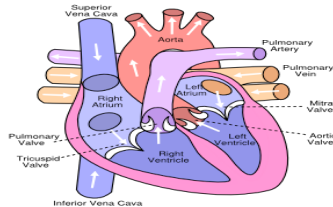


THE 5 FITNESS COMPONENTS

When you think of fitness, it's important to look at the big picture. It's not just about strength, endurance or fat content, but a combination of all these. You might be strong but have no endurance. You might have endurance but have little flexibility. What you want to strive for is balance. Listed below are five key components important to a good definition of fitness.

CARDIOVASCULAR FITNESS



- The heart and lungs supply the working muscles with Oxygen (O_2) for an extended period of time.
- The benefits are improved endurance in activities and faster recovery time.
- Cardiovascular activities include fast walking, running, swimming, and biking.

MUSCULAR STRENGTH



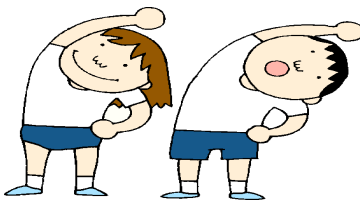
- The ability for a muscle to move or resist a workload.
- The ability of a muscle to lift something heavy 1 time (1 rep max)
- The benefits are a reduced chance of injury and improved posture, physical performance, and body composition.
- Any exercises that involve lifting heavy weights (either your own body weight or free weights help with this).

MUSCULAR ENDURANCE



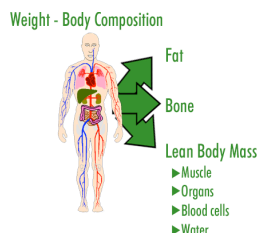
- The ability of muscles to perform an exercise or task over and over without getting tired (fatigue).
- Benefits include being able to play longer without getting tired.
- Any activity that you can do over and over (like loco-motor movements or exercises) can help with this, like curl-ups.
- Lifting light weights about 10-15 times.

FLEXIBILITY



- Flexibility is the ability of the muscles to move through their full range of motion (ROM).
- The benefits include reducing the chance of injury.
- Good stretching activities that last for at least 20 seconds each help flexibility.
- It is important to stretch both upper and lower extremity muscles regularly.

BODY COMPOSITION



- Body composition is the ratio of lean body mass to fat mass in the body. Good body composition is higher % of lean mass and lower % of fat.
- Basically, how much of your body is fat and how much of your body isn't fat.
- Lean body weight includes organs, bones, muscle cells, and water.
- To maintain good body composition, you want to exercise regularly and maintain a good, balanced diet.

Sources: <http://www.kyrene.org/staff/asanti/component%202.html>; <http://tms.ecol.net/fitness/fitbasic.htm>

Fitness Components Group Worksheet

Being a healthy, fit person means that you have the ability balance all 5 of your Fitness Components. Throughout the year, every activity that you do in this class will help you to improve different aspects of your Fitness Components. As you do more activities, you will begin to see where your strengths and weaknesses are.

1. What are the 5 Fitness Components?

- * Cardiovascular Fitness
- * Muscular Strength
- * Muscular Endurance
- * Flexibility
- * Body composition

2. During *Cardiovascular Exercise*, what do the heart and lungs do?

Supply the working muscle with Oxygen for an extended period of time

3. *Muscular Strength* is the ability for a muscle to do what? a muscle to move or resist a workload

4. A really good exercise to help build your *Muscular Strength* is push up

5. *Muscular Endurance* is when your muscles can perform _____

An exercise or task over and over without getting tired

6. Why do you want to be flexible? Because the benefits include reducing the chance of injury

7. How long should you stretch? at least 20 seconds

8. *Body Composition* is the ratio of lean body mass to Fat mass in the body

9. What can you do to keep a good body composition? Exercise regularly

10. Which Fitness Component do you think is the most important to have and why?

I think Flexibility because it is Important to stretch both upper and lower extremity muscles regularly

Fitness Component Graphic Organizer

Read the definitions under each empty circle. Place the correct Fitness Component in the correct circle based on the definition. Try not to look at the article, see if you know these.

