

Physical Education

Five Components of Fitness

Learning Objectives

- ★ Know & Understand the 5 Components Fitness.
- ★ Be able to relate these components to different physical activities.
- ★ Match the fitness tests with the correct component of fitness.

Cardiovascular Fitness

The ability to exercise the entire body for long periods of time without tiring.

** Fitness Test ~ Pacer Test

Flexibility

The range of movement possible at a joint.

Good flexibility helps prevent injuries and improves sports performance.

** Fitness Test ~ Sit and Reach

Muscular Strength

The maximum amount of force a muscle can exert against a resistance one time.

** Fitness Test ~ Flexed Arm Hang

Muscular Endurance

The ability to use the voluntary muscles many times without getting tired (lots of reps).

** Fitness Test ~ Sit-Ups

Body Mass Index

Is a measure of body fat based on height and weight. BMI is the most common and easiest way to get an idea of a person's Body Composition.

★ BMI is not an accurate measurement of a person's body composition.

** Fitness Test ~ Height & Weight