

## Components of Fitness

### Analyzing Physical Fitness

- a. Health Related Components of Fitness—only these components can contribute to the prevention of disease and the promotion of health.
  - i. Flexibility—the range of movement possible at various joints. Usually the component most overlooked component of fitness
  - ii. Cardiovascular Fitness—the ability of the heart, blood, blood vessels and the respiratory system to supply oxygen and necessary fuel to the muscles during physical activity. Can be tested by the mile run and the step up test.
  - iii. Muscular Strength—the ability of a muscle group to apply a maximal force against a resistance one time.
  - iv. Muscular Endurance—the ability to repeat muscle movement for a long period of time
  - v. Body composition—the ratio of fat to muscle, bone and other tissues that make up your body
  
- b. Skill Related Components of Fitness—contribute to your ability to successfully participate in sports activities
  - i. Agility—the ability to change the position of your body and to control the movement of your whole body
  - ii. Balance—the ability to keep an upright posture while either standing still or moving.
  - iii. Power—the ability to perform with strength at a rapid pace
  - iv. Reaction Time—the amount of time it takes to start a movement once your senses signal the need to move.
  - v. Coordination—the integration of eye, hand and foot movements.
  - vi. Speed—the ability to cover a distance in a short time.