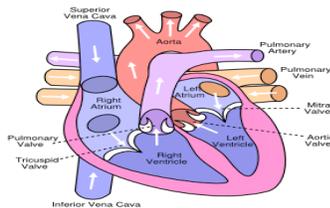


THE 5 FITNESS COMPONENTS

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



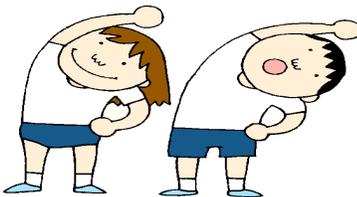
- The ability for a muscle to move or resist a workload.
- The ability of a muscle to lift something heavy 1 time (1 rep max)
- The benefits are a reduced chance of injury and improved posture, physical performance, and body composition.
- Any exercises that involve lifting heavy weights (either your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

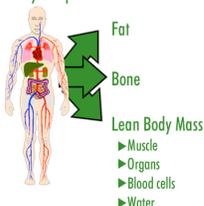
FLEXIBILITY



- 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

Weight - 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 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.

