


HEALTH-RELATED FITNESS COMPONENTS

 **CARDIOVASCULAR ENDURANCE**
Your body's ability to deliver oxygen to working muscles during exercise.

 **MUSCULAR ENDURANCE**
Your muscles' ability to exert force repeatedly or for an extended period of time.

 **MUSCULAR STRENGTH**
Your muscles' ability to exert a maximum amount of force in one effort.

 **FLEXIBILITY**
Your muscles' and joints' ability to move through their full range of motion.


 **BODY COMPOSITION**
Your body's ratio of lean muscle to stored fat.


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Health-Related Fitness Components

SKILL-RELATED FITNESS COMPONENTS

 **SPEED**
The ability to perform actions or cover distance quickly.

 **POWER**
To ability to combine both speed and force in movements and actions.

 **AGILITY**
The ability to quickly change direction without losing speed or power.

 **BALANCE**
The ability to stabilize the body both in movement and when maintaining stillness.

 **COORDINATION**
The ability to use your senses in combination with your actions when in movement.

 **REACTION TIME**
The ability to respond quickly to what you feel, see or hear.

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Skill-Related Fitness Components

Level 2 Sport Summer Task

Produce a PowerPoint that identifies 8 components of fitness

For each component of fitness describe a fitness training method and explain how that training method will help develop the component of fitness