

Components of Fitness Worksheet

Below are seven components of fitness. For **EACH** component, answer the following questions.....

1. What is this component?
2. Why would it be useful in the Public Services?
3. Are there any tests used in the services to measure this component?
4. How would you improve this component?

Use the QR codes and additional research to support your answers (be sure to note down the websites you use to help you if applicable).

Aerobic Endurance



Speed



Muscular Strength



Power



Muscular Endurance



Flexibility



Body Composition

