

Name _____ Date _____ Class Period _____

Components of Health-Related Fitness

Fitness is defined as a condition in which an individual has enough energy to avoid fatigue and enjoy life. Analyze your day. Do you have lots of energy, or do you get tired easily?

Physical fitness is divided into four health- and six skill-related components. **Skill-related fitness** enhances one’s performance in athletic or sports events. **Health-related fitness** is the ability to become and stay physically healthy.

Health Components	Skill Components
Cardiorespiratory fitness Muscular strength and endurance Flexibility Body composition	Agility Balance Power Speed Coordination Reaction time

Health-related components focus on factors that promote optimum health and prevent the onset of disease and problems associated with inactivity.

Four Components of Health-Related Fitness

Cardiovascular fitness is the ability of the heart (cardio) and circulatory system (vascular) to supply oxygen to muscles for an extended period of time. Cardiovascular is also called cardiorespiratory (lungs) fitness. Usually the mile run or some other type of continuous fitness activity (12 minute run, cycling, step-test, etc.) is used to assess cardiovascular fitness.

Muscular strength and endurance is the muscle’s ability to produce effort or perform work.

- **Muscular endurance** refers to the ability of the muscle to work over an extended period of time without fatigue. Performing push-ups and sit-ups or crunches for one minute is commonly used in fitness testing of muscular endurance.
- **Muscular strength** refers to the maximum amount of force a muscle can exert against an opposing force. Fitness testing usually consists of a one-time maximum lift using weights (bench press, leg press, etc.).

Health & Skill Related Fitness—Activity 3

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Flexibility is the ability to move a body part through a full range of motion at a joint (ROM). The sit-and-reach is commonly used to determine flexibility.

Body composition is the ratio of body fat to lean body mass (including water, bone, muscle, and connective tissue). Having too much fat tissue is a risk factor for cardiovascular diseases, diabetes, cancer, and arthritis.

Components of Health-Related Fitness Activity

The purpose of this activity is to gain understanding about what happens to your heart rate when you perform cardiovascular, muscular endurance, muscular strength, and flexibility exercises. Use your heart rate monitor, and record your heart rate before the activity, two to three times during the activity (record the average), and immediately after the activity. Between each exercise, walk slowly and allow your heart to go below 125 if possible. If your heart rate is over 125 at the end of an exercise, record how long it takes to get below 125. If after three minutes your heart rate has not returned to below 125, go ahead with the next activity.

Health & Skill Related Fitness—Activity 3

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Activity	Time or Amount	Component of Health-Related Fitness	Heart Rate Before	Heart Rate During	Heart Rate After	Time to Get Heart Rate Below 120 BPM
Warm-up Perform warm-up and active stretching exercises	5 minutes	Flexibility		1 2 3		
Step Test Step at a moderate to vigorous pace (you can carry on a conversation but just barely). You can use a step platform, incline treadmill, bleachers, or regular steps (something that makes you step up).	3 minutes	Cardiovascular		1 2 3		
Push-ups Perform as many push-ups as you can (regular push-up or modified from knees)	1 minute	Muscular Endurance		1 2 3		
Sit-ups Perform as many sit-ups as you can (regular sit-up, crunches, or modified sit-up)	1 minute	Muscular Endurance		1 2 3		
Maximum Leg Press Perform a one-time maximum leg press (record how much weight was lifted)	weight lifted	Muscular Strength		1 2 3		
Sit and Reach Perform the sit and reach three times (with only 5–10 seconds in between)	3 times	Flexibility		1 2 3		
Passive Stretch Perform passive stretching exercise (for torso, legs, shoulders, arms, etc.)	5 minutes	Flexibility		1 2 3		

In what activities did your heart rate reach above 150? Why do you think that occurred?

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A heart rate of 135–150 is considered good for weight management (average for youth). This zone helps individuals lose weight because the body uses fat more efficiently.

In what activities did your heart rate stay between 135 and 150? Why do you think that occurred?

In what activities did your heart rate remain below 120? Why do you think that occurred?

List any conclusions you can make up to this point about the components of fitness and heart rate.

Cardiovascular Fitness

Muscular Endurance

Muscular Strength

Flexibility

Body Composition

Evaluation

1. In your own words, define *fitness*.

2. Describe the difference between health-related and skill-related fitness components.
