

Unit 1

The Components of Physical Fitness

Health Related Skill Related

Objective: Students will learn the meaning, understanding and application of health-related fitness components of physical fitness and the skill-related components of physical fitness.

CCO- V.

Content & Skill-1,2

Facilitating Activities 1,

ALA-2

Health-related components of physical fitness:

Health-related components help you maintain good health. Your body systems, like the cardiovascular, respiratory, and muscular systems, all work together.

1. **Cardiovascular Endurance**: Shows how efficiently your heart, circulatory system, and respiratory system, work together over a long period of time.

Examples to increase cardiovascular endurance: running, cycling, swimming



2. **Flexibility**: The ability of joints to move through their full range of motion.

Examples to increase flexibility: stretching, gymnastics



3. **Body Composition**: Shows the relative amounts of fat body mass to lean body mass.

Examples to lower fat: all cardiovascular activities

4. **Muscular Strength**: The amount of power a muscle can produce.

Examples to increase strength: weightlifting, gymnastics, push-ups



5. **Muscular Endurance**: A muscles ability to produce power for a long duration.

Examples to increase muscular endurance: running, swimming, weightlifting



On the following chart, perform the movement that is suggested if directed or answer according to what you know. After completing the movement Check off the health related part or parts of fitness that you did in that movement.

MOVEMENT	Cardiovascular Endurance	Flexibility	Body Composition	Muscular Strength	Muscular Endurance
Jog for 3 minutes					
Do 50 curl-ups					
Touch your toes					
Do 50 jumping Jacks					
Do 5 push ups					
Touch your hands behind your back					
Run as fast you can from one spot to another					
Bend down and jump as high as you can					
Jump as high you can 20 times in a row					
What would you use if you ran for 30 - 60 minutes.					

In your own words define or explain the following phrases or terms. Be sure to use complete sentences.

Skill-Related Components of physical fitness:

Agility:

Balance:

Coordination:

Power:

Reaction Time:

Speed:

CAN YOU FIND THE COMPONENTS OF PHYSICAL FITNESS AND KEY WORDS? 13TOTAL

P Z X C V B N M A S D F G H J K L Q C W E R
 O P H Y S I C A L F I T N E S S T Y A P O J
 I P O I U Y T R F L M N B V D D R T R F G H
 U R E A C T I B Y E C A R D S I N Y D E C K
 Y B E L E I V E H X W H A T K H K B I T D R
 T D L R U N N E R I G Y M N A S T S O F U N
 T W E C O O R D I B Y G H X M W E R V O P L
 R W G U M W T Y J I P K S H A N H M A A W Y
 E S F Y K A F E E L G O O D Z Y T W S S H P
 E G D H L Y G J Y I Q W E A I A A Z C H G O
 E P S E E T H H Y T B F G R N I O P U N E I
 W I A C S A F C C Y J C A A G J K L L S D U
 Q U M N O I L Y O U A R E G R E A T A M R Y
 A Y N A C U A T E R T Y I H J E K H R M T G
 S T B R O Y S D H A S D G H J E K G E S Y R
 D R V U O T C O O R D I N A T I O N N I U E
 F R R D L R S D I N E X A N J O P R D L I W
 G E F N F Y A F U M E L S N G O H F U S O B
 H W F E L W P G Y N F C A N D U Y E R I P V
 J W T R E Q O H T B G V N T D Y S D A G K F
 Z E V A X A I Y T I L I G A E H I S N G Y D
 A M M L W S U J R V L A D N L D C Z C D U E
 S I L U H D Y K E C O S V N T A A Z E E I K
 D T J C S G T L W X I D H L O G B M V K O L
 F N H S D C R Z Q Z U F J F N N F M C L P F
 G O G U Y B U X M A Y G K G O G I N X N L G
 H I F M H V E L N S T H L I E B T B S H K D
 J T D H N V W C A D R J T J D D E D W T J S
 K C S T H D Q V B R F I Y K E D S F E R H D
 L A A G Y G D E E P S Y T M R S B G R M F F
 W E Q F I T N S C O M T T R Y S R H F J G G
 E R W F H H J K P G H Y R Y Y F A J R H S N
 R G E A S D F M C F V G B E Y F V K H G Z B
 T H R A S D O G H J K U O K N J E L Y F X B
 Y J T A S C Z X C V B N M M Y G T P H R C P
 U I Y Y Y B H U I K L I E R Y P T O J T V O
 I O U D Z C F R T Y H N I O H O I H U Y B W
 P P O H G J U L O P M J F B L O K I O I N E
 O B U S D D E T A L E R L L I K S U L U M R