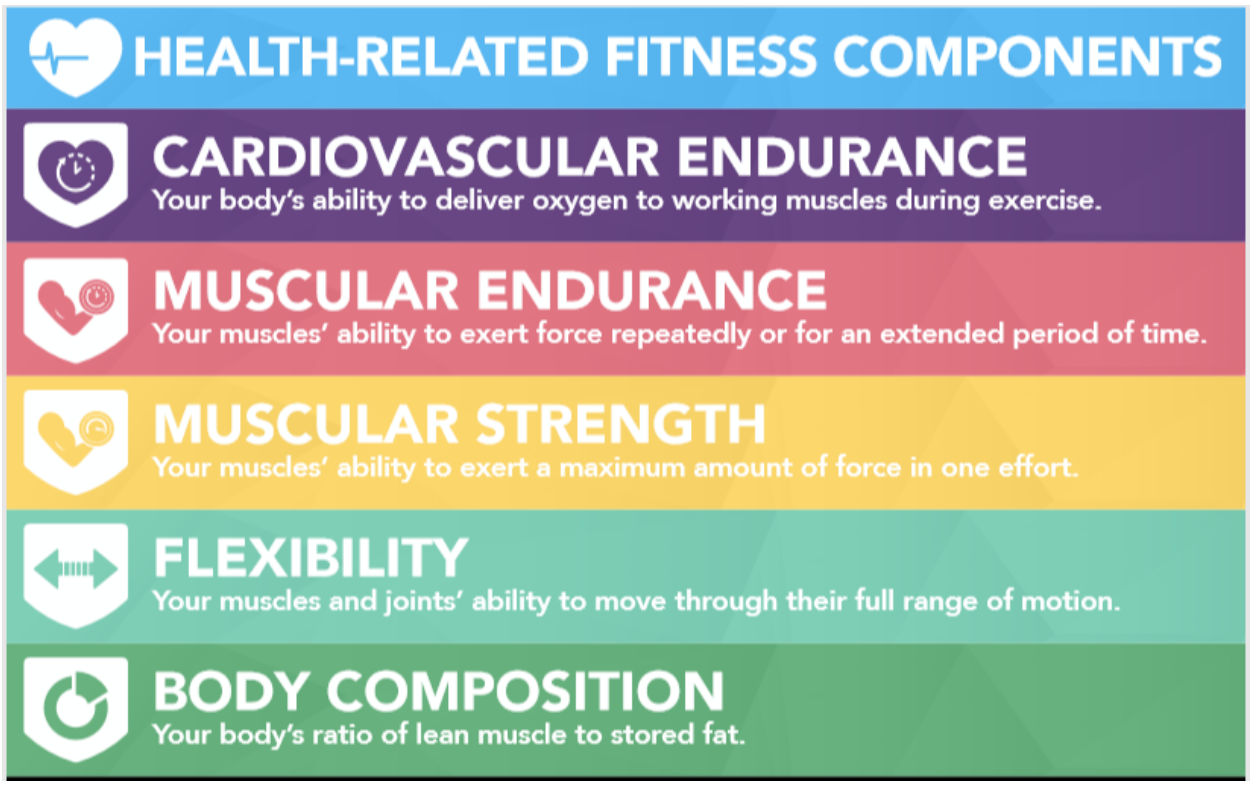

HEALTH-RELATED FITNESS COMPONENTS
CARDIOVASCULAR ENDURANCE
Your body's ability to deliver oxygen to working muscles during exercise.
MUSCULAR ENDURANCE
Your muscles' ability to exert force repeatedly or for an extended period of time.
MUSCULAR STRENGTH
Your muscles' ability to exert a maximum amount 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.


SKILL-RELATED FITNESS COMPONENTS
SPEED
The ability to perform actions or cover distance quickly.
POWER
The 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.

Take a look at the Skill-Related Fitness Components and the Health-Related Fitness Components listed above. Both health and skill-related fitness components contribute to a person's skill development. Look at the definitions for each of the components, understand why they are important, and think about activities and exercises you can do to determine each component.

ASSIGNMENT:

I want you to create a list of exercises and activities that you can do to work on the Health-Related Fitness Components: Cardiovascular Endurance, Muscular Endurance, Muscular Strength, and Flexibility.

List at least 4-5 exercises/activities for each health component.

Cardiovascular Endurance:

_____
_____
_____

Muscular Endurance:

_____
_____
_____

Muscular Strength:

_____
_____
_____

Flexibility:

_____
_____
_____

Continue onto next page for Skill-Related Assignment

ASSIGNMENT:

Think of and research athletes that have developed each of the Skill-Related Fitness Components.

For each component, I want you to list some athlete names who have strong skills on that component, and write down what you notice they are doing (example: Agility – you might research some football players or NBA players as they are able to change direction very quickly). You will have to do some research on this, and YouTube videos are a great tool for this part of the assignment. I also want you to include a drill and explanation of the drill that people can do to improve each of these components.

Speed:

Athletes - _____

I notice these athletes

_____

_____

_____

Drills and explanation of drill to improve speed:

_____

_____

Power:

Athletes - _____

I notice these athletes

_____

_____

_____

Drills and explanation of drill to improve power:

_____

_____

Agility:

Athletes - _____

I notice these athletes

_____

_____

_____

Drills and explanation of drill to improve agility:

_____

_____

Balance:

Athletes - _____

I notice these athletes

_____

_____

_____

Drills and explanation of drill to improve balance:

_____

_____

Coordination:

Athletes - _____

I notice these athletes

_____

_____

_____

Drills and explanation of drill to improve coordination:

_____

_____

Reaction Time:

Athletes - _____

I notice these athletes

_____

_____

_____

Drills and explanation of drill to improve reaction time:

_____

_____

Now that you've learned more about the different Health and Skill-Related Fitness Components, please look at your assignment and tools to use for your assignment on the next 3 pages.

K.2.6.A.1

Fitness Component Circuit

BLM 6-3

NAME: _____ Date _____

Class _____

Design a circuit that includes the following health- and skill-related fitness components. For each component, name one or more exercises that are included in the circuit.

1. Cardiovascular Endurance

2. Muscular Endurance/Strength (legs)

3. Muscular Endurance/Strength (arms)

4. Muscular Endurance/Strength (abdomen)

10. Coordination

11. Balance

5. Flexibility

9. Speed

7. Power

8. Reaction Time

6. Agility

K.2.5.A.1
K.2.7.A.1

Health-Related Fitness Components Poster

BLM G-5

	**Cardiovascular Endurance**—the ability of the heart, blood vessels, and lungs to provide the working muscles with adequate oxygen during prolonged activity (also called aerobic endurance or capacity).
	**Muscular Strength**—the amount of force that can be exerted by a muscle or group of muscles in a single effort.
	**Muscular Endurance**—the ability of a muscle or group of muscles to exert force over an extended period of time without incurring fatigue.
	**Flexibility**—the range and ease of movement of a joint (limited by bone, muscles, ligaments, tendons, and the bone-joint capsule).

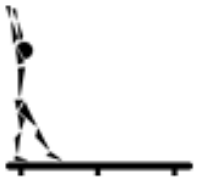
K.2.6.A.1
S.2.6.A.1a

Skill-Related Fitness Components Poster

BLM G-11

Agility 

"the ability to shift the body in different directions quickly and efficiently" (Kirchner and Fishburne 701).

Balance 

"the ability to control or stabilize your equilibrium while moving (dynamic balance) or staying still (static balance)."

Coordination 

"the ability to use your eyes and ears to determine and direct the smooth movement of your body" (e.g., hands, feet, arms, head) (Rainey and Murray 395).

Power 

"the ability of the body to apply a maximum muscular contraction with the quickest possible speed" (Kirchner and Fishburne 706).

Reaction Time 

"the ability to react or respond quickly to what you hear, see, or feel" (Rainey and Murray 398).

Speed 

"the ability to move your body or parts of your body swiftly" (Rainey and Murray 399).