

Jefferson-Nava- Physical Education

Health-Related Components of Fitness

Cardiovascular Endurance - The ability of the heart, lungs, and vascular systems to effectively deliver oxygen-rich blood to working muscles during sustained physical activity.

Muscular Strength - The ability of your muscles to exert a maximal force or at a single given point.

Muscular Endurance - The ability to exert a sub-maximal force repeatedly or maintain a muscle contraction for an extended period of time.

Flexibility - The ability to move a muscle through a full range of motion at the joint(s) it's located at.

Body Composition - The relative percentage of fat in a person's body when compared to lean muscle, bone and other body tissue.

Skill-Related Components of Fitness

Reaction Time - The ability to respond quickly to stimuli.

Speed - The ability to cover a distance as quickly as possible.

Agility - The ability to rapidly and accurately change direction while moving.

Balance - The ability to maintain equilibrium while stationary or moving.

Power - The combination of speed and strength, power is the ability to exert maximum force in a quick explosive burst.

Coordination - The ability to use the senses and body parts to perform specific task.