

What is Physical Fitness?

Physical fitness is made up of two components: **Skill-related fitness** and **Health related fitness**. Skill related fitness items are factors, which relate to the possibility of you becoming a good athlete. Are you fast? Do you have good eye hand coordination? Health related fitness components relate to how well the systems of your body operate. Are your heart and other muscles of your body in good shape?

SKILL RELATED FITNESS	HEALTH RELATED FITNESS
Agility	Flexibility
Power	Muscular Endurance
Reaction Time	Muscular Strength
Balance	Cardiovascular Fitness
Coordination	Body Composition
Speed	



6 Components of Skill-Related Fitness

There are 6 skill-related components of physical fitness; *agility, balance, power, reaction time, coordination and speed*. These factors contribute toward your ability to successfully participate in sports activities. Regular participation in sports activities can have a very positive influence on your health and fitness. Individuals who have a higher level of skill related fitness are more likely to be physically active than those who have a lesser degree of skill.

Agility is the ability to change the position of your body quickly and to control the movement of your whole body. People with good agility are likely to excel in wrestling, gymnastics and soccer.

Balance is the ability to keep an upright posture while you are standing still or moving. People with good balance are likely to excel in gymnastics and surfing.

Coordination is the ability to use your senses, such as your eyes, together with your body parts, such as your arms, or to use two or more body parts at the same time. People with good hand-eye coordination or foot eye coordination excel in hitting and kicking games, such as baseball, tennis, soccer and golf.

Power is the ability to do strength performance quickly. It involves both strength and speed. People with power might have the ability to put the shot, throw the discus, play football and speed swim.

Reaction Time is the amount of time it takes you to get moving once you see the need to move. People with good reaction time will be able to make fast starts in track and swimming, or dodge a fast attack, as in fencing or karate.

Speed is the ability to perform a movement or cover a short distance in a short period of time. People with leg speed have the ability to run fast and people with arm speed can throw or hit a fastball.

If you are good at these skill related parts of fitness, you may be good at sports and games. Different sports require different parts of skill related fitness. Most sports require several of these parts. With practice, you can improve your skill in these areas. Some people have more natural ability in these areas than others. Regardless of your skill related abilities, there are many physical activities you can enjoy. Furthermore, good health does not come from being good in skill related fitness. *Good health comes from doing activities designed to improve your health related fitness.*

5 Components of Health Related Fitness

There are 5 health related components of physical fitness; *flexibility, cardiovascular fitness, muscular strength, muscular endurance and body composition*. Remember, FITNESS IS FOR EVERYONE. You do not have to be a good athlete to be physically fit. If you exercise regularly and follow basic training principles, you will improve your health related fitness. Maintaining acceptable levels of health related components of fitness are recognized as the key element of a healthy lifestyle. People who attain such levels of fitness reduce the risks of developing certain health problems, such as heart disease, low back pain and obesity, and improve their body's ability to function. This is why health related fitness should be of utmost concern to everyone. As a result, in order to be considered a fit person, you must become adequate in all 5 components of fitness.

Flexibility is the ability to use your joints fully through a wide range of motion. Flexibility allows the freedom of movement and decreases muscle and joint injuries.

Cardiovascular Fitness is the ability to exercise your body for an extended period of time. It requires a strong heart, healthy lungs and clear blood vessels to supply the body with oxygen.

Muscular Strength is the amount of force your muscles can produce in one effort. People with good strength can perform daily tasks efficiently.

Muscular Endurance is the ability to use your muscles without tiring. You are better able to resist fatigue and more likely to have better posture and fewer back problems

Body Composition is the percentage of body weight that is fat compared to other tissues such as bone and muscle. Those in the proper range are more likely to avoid illness and have lower death rates. Extreme ranges are the most dangerous, too little body fat or too much body fat can cause serious health problems.

Physical Fitness Activities

Health Related Physical Fitness Activities
Aerobics
Biking
Curl Ups
Jump Roping
Kicking
Pull Ups
Push Ups
Rock Climbing
Running
Soccer
Stretching
Striking
Swimming
Throwing
Walking
Yoga

Skill Related Physical Fitness Activities
Baseball
Canoeing
Football
Gymnastics
High Jumping
Karate
Kayaking
Power Lifting
Shot Put
Skateboarding
Skiing
Snowboarding
Soccer
Tennis
Weight Lifting
Wrestling

Review for Quiz

Agility is the ability to change direction of movement quickly while in control of your body.

Balance is the ability to maintain body equilibrium both stationary and in different movements.

Coordination is the ability to use your senses together with your body parts to perform smoothly and accurately.

Power is the measurement of how quickly a single, maximum, explosive movement can be performed.

Reaction time is the amount of time it takes you to get moving once you see the need to move.

Speed measure how much time it takes you to move a certain distance.

Flexibility is the ability to use your joints fully.

Cardiovascular fitness is the ability to exercise the entire body for long periods of time.

Muscular strength is the amount of force your muscles can produce in one effort.

Muscular endurance is the ability to use the muscle many times without getting tired.

Body Composition is the percentage of body fat compared to bones and muscle.

1.	Cardiovascular Fitness	A. The range of movement possible at various joints
2.	Muscular Strength	B. Factors related to becoming physically fit
3.	Health related Fitness	C. Factors related to becoming a better “athlete”
4.	Skill Related Fitness	D. Relative percentage of muscle, fat, bone and other tissue
5.	Muscular Endurance	E. Ability to change the position of your body and control the movement of your body
6.	Flexibility	F. Ability to cover a distance in a short time
7.	Body Composition	G. The integration of hand and foot movement with your eyes
8.	Agility	H. The amount of time it takes you to get moving
9.	Power	I. The ability to use the muscle many times without getting tired.
10.	Reaction Time	J. The measurement of how quickly a single, maximum, explosive movement can be performed.
11.	Coordination	K. The amount of force your muscles can produce in one effort.
12.	Speed	L. The ability to exercise the entire body for long periods of time.

PRINCIPLES OF TRAINING

A GUIDE TO DEVELOPING A PROPER TRAINING PROGRAM

Exercise must be done correctly if it is to be good for you. A good, sound exercise program is built on 3 basic principles:

Overload – Progression – Specificity

Principle of Overload

The only way you can improve fitness through training is to do more than you normally do. You can do this by gradually increasing the amount of exercise.

Principle of Progression

For exercise to be a benefit, you need to start slowly and gradually increase the amount exercise you do over a period of time. For example, you might do an exercise 3 times one week, 4 the next and 5 times the following week until you are doing the exercise regularly. As you improve, you will notice the benefits of each gradual increase.

Principle of Specification

You must perform specific kinds of exercise to build specific parts of physical fitness. An exercise for strength will not necessarily improve flexibility or agility.

A Threshold of Training and Fitness Target Zone

The minimum amount of exercise necessary to build physical fitness is called the *threshold of training*. You must exercise at least at this level to build fitness. For best results, you should exercise above the in the *Fitness Target Zone*. Exercising in this zone means you are exercising just the right amount to build physical fitness. *Fitness Target Zones* are made up of 3 parts:

Frequency – Intensity - Time

Frequency deals with *how often* you have to work to improve physical fitness. For exercise to be of benefit you need to exercise 3-5 times a week.

Intensity deals with *how hard* you have to work to improve fitness. Too little or too easy exercise will not improve your fitness and may decrease it.

Time deals with *how long* you have to work to improve physical fitness. Current research states exercise should be done for 60 minutes at one time for maximum benefit.



Name _____

Per _____

CHECK YOUR KNOWLEDGE

Place the letter of the correct answer in the space provided.

1.	Fitness Target Zone	A. Exercising for one part of fitness
2.	Threshold of Training	B. How long you exercise
3.	Overload	C. More than normal exercising
4.	Specification	D. How hard you exercise
5.	Intensity	E. Minimum amount of exercise to improve physical fitness
6.	Frequency	F. Start slowly and increase amount of exercise
7.	Time	G. How often you exercise
8.	Progression	H. Best amount of exercise to improve physical fitness

