

Part C: Health Related Fitness Components and Your Heart Rate

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.

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). Use 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	weight lifted	Muscular Strength		1		

maximum leg press (record how much weight was lifted)				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		

Questions

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

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

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

4) In your own words, define fitness.

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

Part D: Skill Related Fitness Components and Your Heart Rate

Six Components of Skill-Related Fitness Activity

The purpose of this activity is to help you gain an understanding of what happens to your heart rate when you perform activities to develop the six components of skill-related fitness. Perform each activity as fast and as many times as you can for 30 seconds. Use your heart rate monitor, and record your heart rate before and immediately after the activity. Also, make a note if you were winded at the end of an activity. Between each exercise, walk slowly and allow your heart rate 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.

Activity	Time	Component of Skill - Related Fitness	Heart Rate Before	Heart Rate After	Breathing Notes	Time to Get Heart Rate Below 120 BPM
Ladder Drill Run through (hoops or ladder).	30 seconds	Agility				
Weave Through Cones Run as fast as you can weaving through cones.	30 seconds	Agility				
Balance at Three Levels Use balance board, 1 foot or block. Move to a low level and balance (10 seconds). Move to a medium level and balance (10 seconds). Move to a high level and balance (10 seconds).	30 seconds	Static (Still) Balance				

<p>Baseball Pitch Perform the motion of a baseball pitcher. Go from a balanced knee-up position to a dynamic motion of the pitch, to a balanced position at the end of the follow-through. Repeat.</p>	30 seconds	Dynamic (Moving) Balance				
<p>Wall Ball Throw ball against wall and move to try and catch the ball. If possible, use specially made ball that causes irregular bounce.</p>	30 seconds	Eye-Hand Coordination				
<p>Soccer Tap Place soccer ball on ground in front of you. Tap right toe then left toe on top of the ball. Alternate taps and go as fast as you can.</p>	30 seconds	Eye-Foot Coordination				
<p>Sprints Perform short sprints (about 8 yards). As soon as you finish one sprint, sprint back to the starting line. Repeat for time period.</p>	30 seconds	Speed				
<p>Shuttle Run Perform shuttle run between two lines.</p>	30 seconds	Speed				
<p>Skip with Knee Lifts Perform skipping motion with high knee lifts.</p>	30 seconds	Power				
<p>Jump Up to Box Perform jumps to an elevated surface (approximately 1–2 feet). Step down and jump again. Repeat for time period.</p>	30 seconds	Power				
<p>Drop and Catch Hold a ball in one hand and drop. Attempt to catch the ball with the same hand just before it hits the ground.</p>	30 seconds	Reaction Time				

<p>Grab the Bean Bag Work with a partner. Both in push-up position facing each other with a bean bag placed between the two of you. See who can grab the bean bag the fastest.</p>	30 seconds	Reaction Time				
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Questions

1) In what activities did your heart rate reach above 180? Why do you think that occurred?

2) In what activities did your heart rate reach from 150 to 180? Why do you think that occurred?

3) In which activities did you feel winded or out of breath? Why do you think that happened?
 In what activities did your heart rate remain below 125? Why do you think that occurred?

4) Why do athletes or athletic individuals need skill-related fitness?

5) Can others, besides athletes, benefit from skill-related fitness? Why?

6) Do you think that skill-related fitness could also be a health-related fitness component? Explain.