

## "WHAT IS FITNESS?"

**PHYSICAL FITNESS** is the ability of your whole body, including the muscles, skeleton, heart and all other body parts, to do work together efficiently, which means able to do the most work with the least amount of effort.

Physical fitness can be broken into the following two categories:

- **HEALTH RELATED FITNESS**
- **SKILL RELATED FITNESS**

The major components of HEALTH RELATED FITNESS include: (complete the blanks listing examples of activities, sports and/or occupations that require a good degree of fitness specific to the categories)

1) **Cardiovascular Endurance** is the ability to exercise the entire body for long periods of time. It requires a strong heart, healthy lungs and clear blood vessels to supply the body with oxygen. Examples: \_\_\_\_\_



2) **Strength** is the amount of force you can put forth with your muscles. It is often measured by how much weight you can lift. People with strength have fewer problems with backaches and can carry out their daily tasks efficiently. Examples: \_\_\_\_\_



3) **Muscular Endurance** is the ability to use the muscles, which are attached to the bones, many times without getting tired. People with good muscular endurance are likely to have better posture, have fewer back problems and be better able to resist fatigue than people who lack muscular endurance. Examples: \_\_\_\_\_



4) **Flexibility** is the ability to use your joints fully. You are flexible when the muscles are long enough and the joints are free enough to allow movement. People with good flexibility have fewer sore and injured muscles. For example, people with poor flexibility in the muscles of the back of the leg are more likely to injure a leg muscle. Examples: \_\_\_\_\_





5) **Body Composition** is the percentage of body weight that is fat compared to other body tissues, such as bone and muscle. People who have a high percentage of fat are more likely to be ill and have a higher death rate than lean people.





\* \* To be healthy you should have at least some of each of the health related parts of fitness. If you have health related fitness, you are less likely to develop hypokinetic conditions. These are health problems partly caused by lack of exercise. Examples of these conditions are heart disease, high blood pressure, back pain, stomach ulcer and being overweight. Older people are more likely to have these conditions than younger people, but these conditions have their beginnings early in life. For example, one third of all teenagers have weight problems.


**The major components of SKILL RELATED FITNESS include:**


1) **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 be good at activities like \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ as well as in jobs such as \_\_\_\_\_ or \_\_\_\_\_ . 

2) **BALANCE** is the ability to keep an upright posture while you are standing still or moving. People with good balance are likely to be good in activities like \_\_\_\_\_ and \_\_\_\_\_. Balance is necessary for success in most sports and in many jobs such as \_\_\_\_\_ . 

3) **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 together. People with good hand-eye or foot-eye coordination are good at hitting or kicking games like \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_ or \_\_\_\_\_ . Coordination helps with most types of jobs including \_\_\_\_\_ and \_\_\_\_\_ . 

4) **POWER** is the ability to do strength performances quickly. It involves both strength and speed. People with power might have the ability to put the shot, throw the discus, high jump, play \_\_\_\_\_. Power is especially important for jobs like farming with such tasks as loading hay. 

5) **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 \_\_\_\_\_ or \_\_\_\_\_ , or dodge a fast attack as in fencing or karate. Reaction time is necessary for your own safety while driving or walking. 

6) **SPEED** is the ability to perform a movement or cover a distance in a short period of time. People with leg speed have the ability to run fast and people with arm speed can \_\_\_\_\_ fast or hit fast balls. 

\*\* 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. But with practice you can improve your skill in these areas. Some people have more natural ability in these areas than others. No matter how you score on the skill related parts of fitness, there is some type of physical activity 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.

\* \* The most important of all components listed is \_\_\_\_\_ .