

I can Identify the 5 health related components of fitness



- Body composition
- Cardiovascular fitness
- Muscular strength
- Muscular endurance
 - Flexibility

Body composition(Skinfold Test)

the relative percentage of body fat to lean body tissue.

Cardiovascular fitness(Pacer Test)

the ability of your body
to work continuously for
extended periods of
time.

Muscular strength(Push Up Test)

the maximum amount of force a muscle or muscle group can exert against an opposing force.

Muscular endurance(Curl Up Test)

the ability of the same muscle or muscle group to contract for an extended period of time without undue fatigue.

Flexibility(Sit and Reach)

the ability to move a
body part through a
full range of motion.