



I can.....

- Identify The 6 areas of skills related components
- compare to health related components

Skill Related Components of Health

Agility

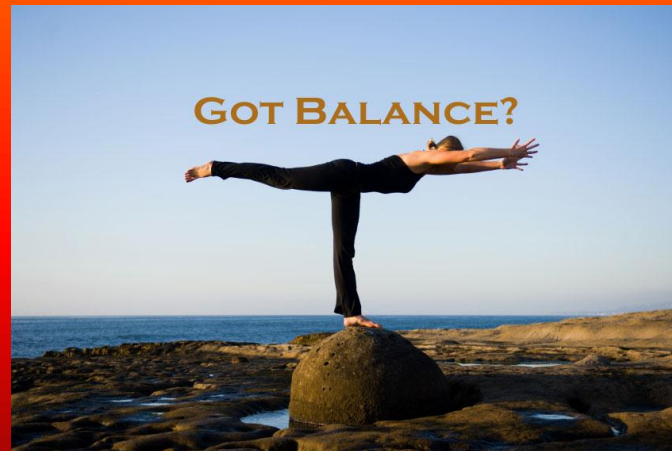
The ability to change and control the direction and position of the body while maintaining a constant, rapid motion.



Skill Related Components of Health

Balance

The ability to control or stabilize the body while standing or moving.



Skill Related Components of Health

Coordination

The ability to use the senses to determine and direct the movement of your limbs and head.



Skill Related Components of Health

Speed

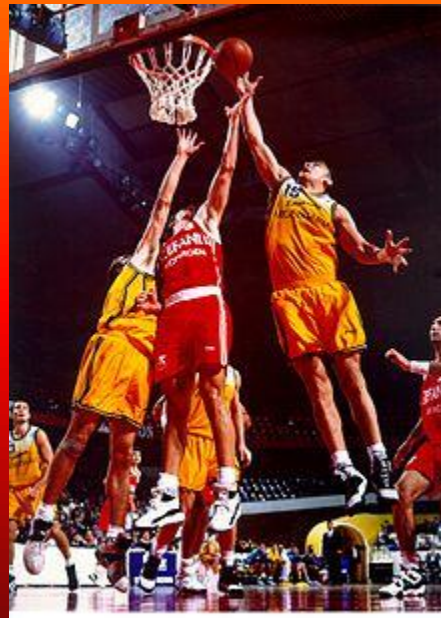
The ability to move your body in a rapid motion. Measured by distance over time.



Skill Related Components of Health

Power

The ability to move the body parts swiftly while simultaneously applying the maximum force of your muscles.



Skill Related Components of Health

Reaction time

The ability to react or respond quickly to what you hear, see, or feel.



Health Related Components of Fitness

Health related component	Definition	Fitness Assessment
Muscular Strength	The ability to move your joints through a full range of motion	Push Up
Flexibility	The ability of the same muscle group to contract over an extended period of time without undue fatigue	Skin Fold Test
Muscular Endurance	The efficiency of the heart, lungs, blood and blood vessels working together	Pacer
Cardiovascular	The ratio of body fat to lean body tissue; muscle, bone, water, and connective tissues	Sit and Reach
Body Composition	The maximum amount of force a muscle or muscle group can exert against an opposing force	Curl Up