











Components of Fitness

FITNESS TEST	WHAT FITNESS COMPONENT DOES IT MEASURE	WHAT IS THIS FITNESS COMPONENT	WHY IS THIS IMPORTANT/BENEFITS	HOW CAN I IMPROVE THIS
Personal Best (1 Mile Run)	Cardiorespiratory Fitness   	Cardiorespiratory fitness is the ability of the heart and lungs to work together to provide blood and oxygen to the muscles so the body can perform activities for an extended period of time.	<ul style="list-style-type: none"> ✓ Better physical and mental quality of life ✓ More energy ✓ Improves sleep ✓ Improves sport performance ✓ Reduces depression and anxiety ✓ Improves immune system ✓ Decreases fat <p>Decreases chances of developing:</p> <ul style="list-style-type: none"> ✓ Heart Disease ✓ Diabetes ✓ Osteoarthritis ✓ Osteoporosis 	<p>***All fitness components can be improved by**</p> <ul style="list-style-type: none"> ✓ Working hard in physical education class ✓ Joining sport/fitness intramural programs after school. ✓ Joining a sports team or a gym outside of school. <p>Specific Cardiorespiratory Exercises Include:</p> <ul style="list-style-type: none"> ○ Jogging ○ Bike Riding ○ Swimming ○ Dancing ○ Most team sports (with constant movement)
Pacer				
Team Pacer				
Jump Rope 1 Minute				
Jump Rope Endurance				
Curl-Up	Muscular Endurance   	Muscular endurance is the ability to use the muscles for a long period of time without getting tired.	<ul style="list-style-type: none"> ✓ Everyday activities become easier and less exhausting. ✓ Improves sports performance ✓ Improves sleep ✓ Decreases chance of injury <p>Decreases chances of developing:</p> <ul style="list-style-type: none"> ✓ Heart Disease ✓ Diabetes ✓ Osteoporosis 	<ul style="list-style-type: none"> ○ Bodyweight exercises ○ Lifting weights ○ Cutting grass ○ Shoveling snow ○ Helping carry groceries <p>Participating in such activities as:</p> <ul style="list-style-type: none"> ▪ Some sport examples include: Football, wrestling, gymnastics, dance, and karate.
Sit-Up 1 Minute				
Plank Endurance				
Push-Up	Muscular Strength  	Muscular strength is the amount of force a muscle can exert.	Same As Muscular Endurance Benefits	<ul style="list-style-type: none"> ○ Lifting Weights ○ Certain bodyweight exercises
Push-Up 1 Minute				
Sit & Reach	Flexibility  	The ability to move a joint through its complete range of motion.	<ul style="list-style-type: none"> ✓ Decreases chance of injury. ✓ Muscles and joints experience less stress. ✓ Improves posture ✓ Improves sport performance 	<ul style="list-style-type: none"> ○ Stretching ○ Yoga/Pilates ○ Dynamic Warm-Ups ○ Sports that incorporate stretching some examples include: Gymnastics, dance, cheerleading, karate.

Proper body alignment is when your ears, shoulders, hips, knees, and ankles are in line and demonstrating good posture.

Your core is all of your muscles between your shoulders and your hips.

A balanced workout should include exercises that improve your muscular strength, muscular endurance, cardiorespiratory fitness and flexibility.

Circuit training is a combination of different exercises being performed for a short period of time with a high intensity.

Whenever you are creating a personal workout routine you should use the FITT Guidelines to help you achieve a balanced workout.

FITT Guidelines



Frequency how often



Intensity how hard



Time how long



Type what kind