

Name _____ Hour _____ Date _____

The 5 Health-Related Components of Physical Fitness

~ + _____ /15 points ~

THERE ARE FIVE HEALTH-RELATED COMPONENTS OF PHYSICAL FITNESS:

1.) FLEXIBILITY - is the range of movement possible at joints/stretch-ability of muscles.

* helps to prevent injury * improves performance * makes you grow taller/stronger

2.) CARDIOVASCULAR FITNESS - the ability of the heart, lungs, blood vessels, and respiratory system to supply oxygen and fuel to the muscles during exercise. Any form of exercise that consists of getting the heart pumping for a minimum of 10 minutes.

* improves endurance * increases blood flow to body * helps to prevent heart disease, stroke, type II diabetes

3.) MUSCULAR STRENGTH - is the ability of muscles to exert a max force ONE time.

* builds big fast-twitch muscle * burns sugars * increases POWER and SPEED

4.) MUSCULAR ENDURANCE - is the ability to use muscles for long periods of time; very similar to Cardiovascular Fitness, but focuses on the muscle group rather than the cardiovascular system.

* builds lean, long slow-twitch muscle * helps to strengthen heart, lungs * burns fat

5.) BODY COMPOSITION - is the ratio of fat to muscle, bone, and other tissues that compose your body - the more lean muscle tissue the better! (What your body is made up of.)

*fat *bones *muscle *skin *hair/nails *teeth *organs *blood

Answer the following questions.

1.) What does the term "Component" mean, exactly? _____

What does the term "Composed" mean, exactly? _____

2.) How are Cardiovascular Fitness and Muscular Endurance work hand in hand?

3.) Name two reasons why you should become more flexible.

1.

2.

(OVER ---->)

4.) Why is it important to have a lot of muscle in your Body Composition? What are the benefits?

5.) Why is it important to include all FIVE of the Health Components in your exercise routine every week?
Be specific.

MATCH THE FOLLOWING EXERCISES TO THE COMPONENT BEING USED.

(Cardiovascular Fitness (CVF), Muscular Endurance (ME), Muscular Strength (MS), and/or Flexibility (F))

(There may be TWO answers for some of the exercises)

EXAMPLE

Running long distance CVF & ME

Jump Rope _____

Boxing _____

Golf _____

Gymnastics _____

Rock Climbing _____

Cross Country Skiing _____

Bowling _____

Ironman Triathlon _____

Tae Bo _____

1-mile run _____

Pull-Ups _____

Tackle Football _____

Tour de France _____

Soccer _____

Rowing _____

Pilates _____

Shot Put _____

Push-Ups _____

Swimming _____

10-minutes _____

Wrestling _____

Running short sprints (eg. 100 meter dash) _____

Swim sprinting 25 yards _____

High Jump/Long Jump/Pole Vault/Javelin Throw _____

AB workout 15 minutes _____

Lifting Weights (many reps, light weights) _____

Lifting Weights (1 rep, MAX weight) _____

Running Stairs 10 minutes _____

America's Top Ninja Warrior _____

Running a Marathon (26.2 miles) _____

World's Strong Man Competition _____

TURN THIS IN ON FRIDAY!!!

The 5 Components of Physical Fitness

CIRCLE THE RIGHT ANSWERS!

1.) WHEN I AM MORE FLEXIBLE & STRETCH A LOT:

- I WON'T GET HURT VERY EASILY
- I WILL GET WEAKER
- I WILL GET TO BE FASTER
- I MIGHT GROW TALLER
- I WILL GET FATTER
- MY MUSCLES WILL GET STRONGER

2.) WHEN I CAN MAKE MY HEART (CARDIO) AND LUNGS PUMP HARD FOR A LONG TIME BY RUNNING WITHOUT STOPPING:

- | | | |
|---------------------|---------------------------------|-----------------|
| I WILL BE THINNER | I WILL BE FATTER | I CAN GO LONGER |
| I WILL BE HAPPIER | I WILL HAVE TO STOP & WALK | |
| I WILL BE UNHEALTHY | I WILL LIVE LONGER WHEN I'M OLD | |

3.) MY BODY (COMPOSITION) IS MADE OF THESE THINGS:

- | | | | | |
|---------|----------|---------|-------|---------|
| FAT | MUSCLE | BONE | BLOOD | HAIR |
| SKIN | TEETH | ROCKS | WATER | ORGANS |
| CHICKEN | BROCCOLI | CARROTS | SHOES | TENDONS |

4.) DRAW A LINE FROM THE COMPONENT TO THE EXERCISE:

CARDIO

- Running**
- Stretching**
- Swimming**
- Biking**
- Yoga**
- Dancing**
- Jump Roping**

FLEXIBILITY

TURN THIS IN ON FRIDAY!!!

