

FITNESS FOCUS

Total Fitness

Everyone can improve the five areas of health-related fitness with regular exercise.

1. Cardiovascular fitness— ability to exercise the total body for a long period of time without stopping.
2. Muscular strength— amount of force muscles can produce.
3. Muscular endurance— ability of muscles to do an activity many times without getting tired.
4. Flexibility- ability to use joints fully. Muscles and joint connective tissue needs to be stretched regularly to prevent stiffness and allow full range of motion.
5. Body composition— percent of body fat.

In addition to the five health related areas of fitness, six more parts of physical fitness are considered skill related.

1. Agility— change body position quickly (basketball, soccer)
2. Balance- keep upright posture (ice skating, gymnastics)
3. Coordination- use two or mote body parts (baseball, tennis, soccer)
4. Power— use strength quickly (football, shot. put, discus)
5. Reaction time— time it takes you to (track, swimming, driving)
6. Speed- move or cover a distance in a time (running, throwing)

Heredity and maturity influence skill related fitness.

LESSON REVIEW

1. How do you improve the five areas of health-related fitness?
2. List two health-related fitness components you want to improve. How will you do this?
3. What areas of skill related fitness are you best at? Why?

Please log your daily activity **OUTSIDE** of Physical Education class. You need to do a minimum of 20 minutes of exercise everyday.

	Example	Monday	Tuesday	Wednesday	Thursday
Type of Exercise	Basketball practice				
Length of Time	2 hours				
Who you exercised with	Mom				
Parent/Guardian Initials	<i>SJM</i>				