

# Explore and Understand

Provide definitions for the Components of Fitness?

1. **Cardiovascular Fitness:** \_\_\_\_\_

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2. **Muscular Endurance:** \_\_\_\_\_

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3. **Muscular Strength:** \_\_\_\_\_

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4. **Flexibility:** \_\_\_\_\_

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5. **Body Composition:** \_\_\_\_\_

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## Components of Fitness

*Give examples of  
typical assessments  
for each*

Cardiovascular Fitness:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Muscular Endurance:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Muscular Strength:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Flexibility:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Please define the following elements of Skill-Related Fitness?

1. **Balance:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. **Coordination:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. **Reaction Time:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. **Agility:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. **Power:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. **Speed:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Example activities	Balance	Coordination	Reaction Time	Agility	Power	Speed
Badminton	Fair	Excellent	Good	Good	Fair	Good
Softball	Good	Excellent	Excellent	Good	Excellent	Good
Basketball	Good	Excellent	Excellent	Excellent	Excellent	Good
Golf	Fair	Excellent	Poor	Fair	Good	Poor
Jogging	Poor	Poor	Poor	Poor	Poor	Poor

