



5 Components of Health-Related Fitness

Aerobic Capacity

Muscular Strength

Muscular Endurance

Flexibility

Body Composition

A measure of the ability of the heart and lungs to get oxygen to the muscles.

The maximum amount of force that a muscle can place against resistance.

The ability of a muscle to repeat a motion over and over in an extended amount of time.

Being able to move your muscle and joints through their full range of motion.

The proportion of fat and non-fat tissue in the body.

PACER, Mile, 12 min. Run

Modified Pull-Ups, Push-Ups, Flexed Arm Hang, Trunk Lift

Curl-Ups

Shoulder Stretch, Back Saver Sit-and-Reach, Trunk Lift

Bioelectrical Impedance, Skin Fold, Body Mass Index (BMI)

Running, Cycling, Dancing, Cross Country Skiing, Swimming

Dips, Push-Ups, Squats, Lunges, Biceps Curls, Leg Extensions

Curl-Ups, Burpees, Superman, Calf Raises, Tuck Jumps

Static Stretching, Yoga, Dynamic Stretching