Foundations of Personal Fitness

Chapter 3, Section 1

**What You Will Do**

* Identify the specific components of -related and -related fitness.
* Compare and contrast health-related and skill-related fitness.
* Analyze factors that your health-related and skill-related fitness.
* the skill-related components of fitness.

**Terms to Know**

* energy cost
* agility
* balance
* coordination
* speed
* power
* reaction time

**Health-Related Fitness vs. Skill-Related Fitness**

physical fitness includes:

* **Health-related fitness.** This is your ability to become and stay healthy
* **Skill-related fitness.** This is your ability to maintain high levels of on the playing field.

**Health-Related Fitness**

There are five components of health-related fitness:

* Body
* fitness
* Muscular
* Muscular
* Flexibility
  + Body composition is the relative of body to lean body tissue
  + Cardiovascular fitness is the ability of your body to continuously for extended periods of time.
  + Cardiovascular fitness is sometimes called  **endurance.**
  + Muscular strength refers to the maximum amount of a muscle or muscle group can exert against an opposing force.
  + It contributes to more efficient movement and reduces your
  + Muscular endurance refers to the ability of the same muscle or muscle group to

for an extended period of time without undue fatigue.

* + The your level of muscular endurance, the your energy cost.
  + Flexibility is the ability to move a body part through a full range of .
  + A moderate to high level of flexibility is central to physical movement.
    - **The**   **of Flexibility**
      * **Helps reduce your risk for muscle and bone injuries**
      * **Improves**   **fitness.**
      * **Reduces some types of muscle soreness following physical activity or exercise.**
      * **Improves functional health and fitness**

**Skill-Related Fitness**

Skill-related fitness has six components:

* Agility
* Balance
* Coordination
* Speed
* Power
* Reaction time
* **Agility** is the component of skill-related fitness that accounts for an athlete’s “ .”
* **Balance** helps you maintain control while coordinating your movements.
  + Balance in sports depend in large measure on .
* **Coordination** requires using a combination of different muscle groups at once.
  + Coordination can only be sharpened with .
* **Speed** is largely determined by heredity, speed can be increased.
  + Building muscular can lead to in speed.
* **Power** is a function of both speed and muscular strength.
  + Proper biomechanics can also power by improving your balance, coordination, and speed.
* The quicker your response, the better your  **time**.

Agility, coordination, and power are skill-related components that can be improved through practice.

Health-related fitness can be improved by participating in many physical activities that are not necessarily related to sports or games.