

5 Components of Health Related Physical Fitness

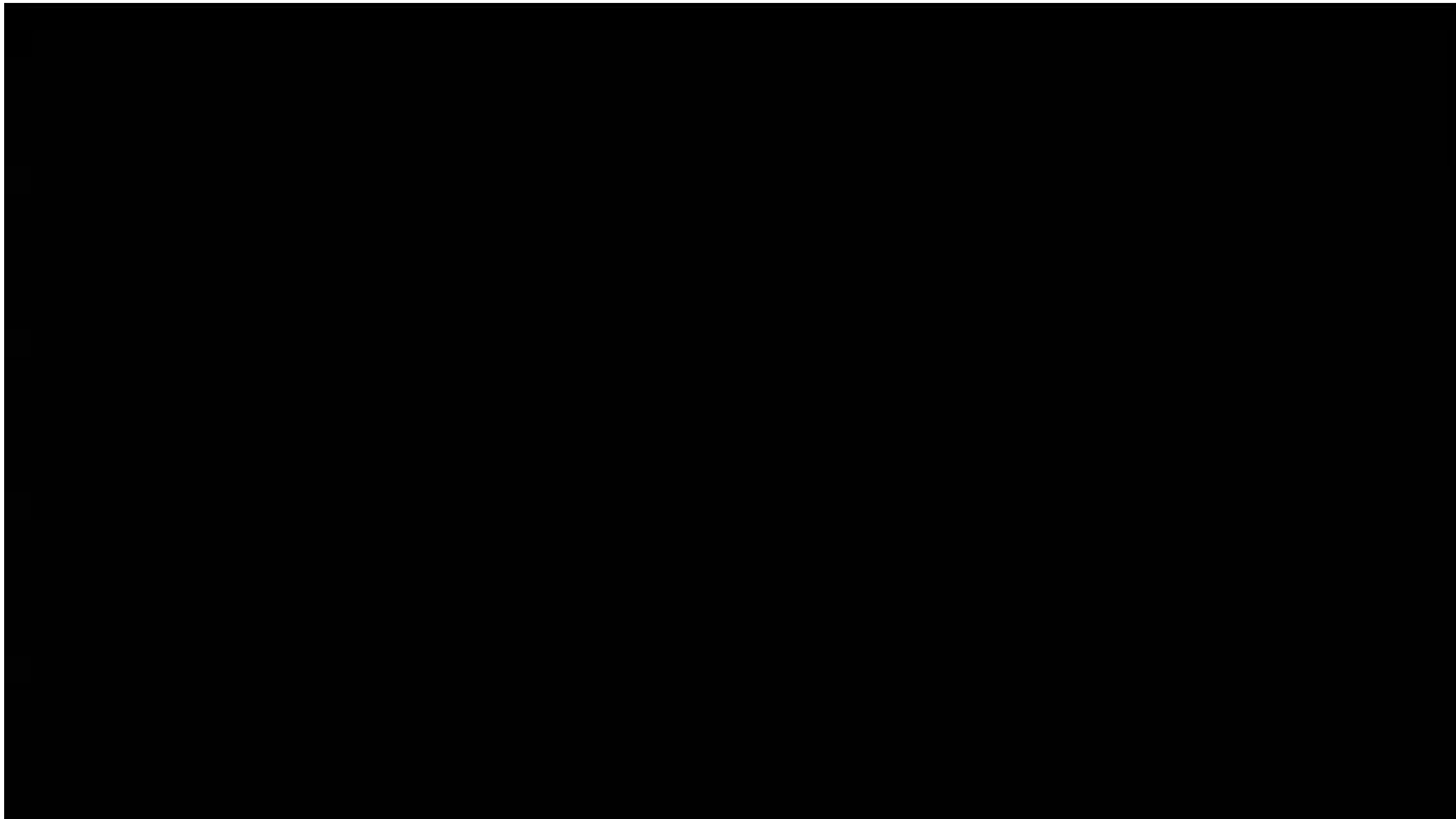
Components of Physical Fitness

1. Cardiorespiratory Endurance
2. Muscular Endurance
3. Muscular Strength
4. Flexibility
5. Body Composition

Cardiorespiratory Endurance

- Definition - the ability to deliver oxygen & nutrients to working muscles over sustained periods of time.

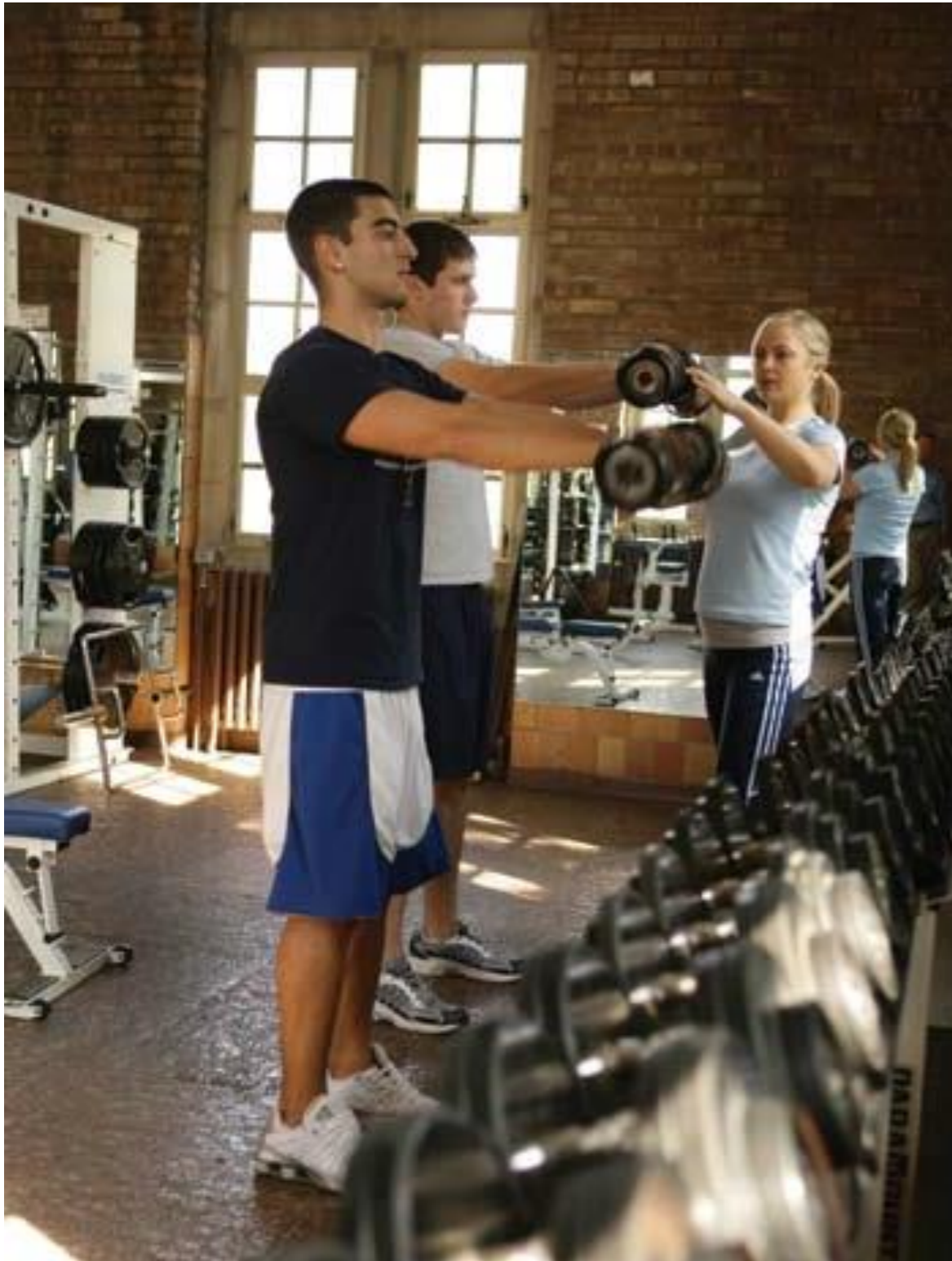






Best way to improve cardiorespiratory endurance is through aerobic exercise.

Muscular Endurance



- Definition - the ability of a muscle or muscle group to repeat a movement many times or to hold a particular position for an extended period of time.

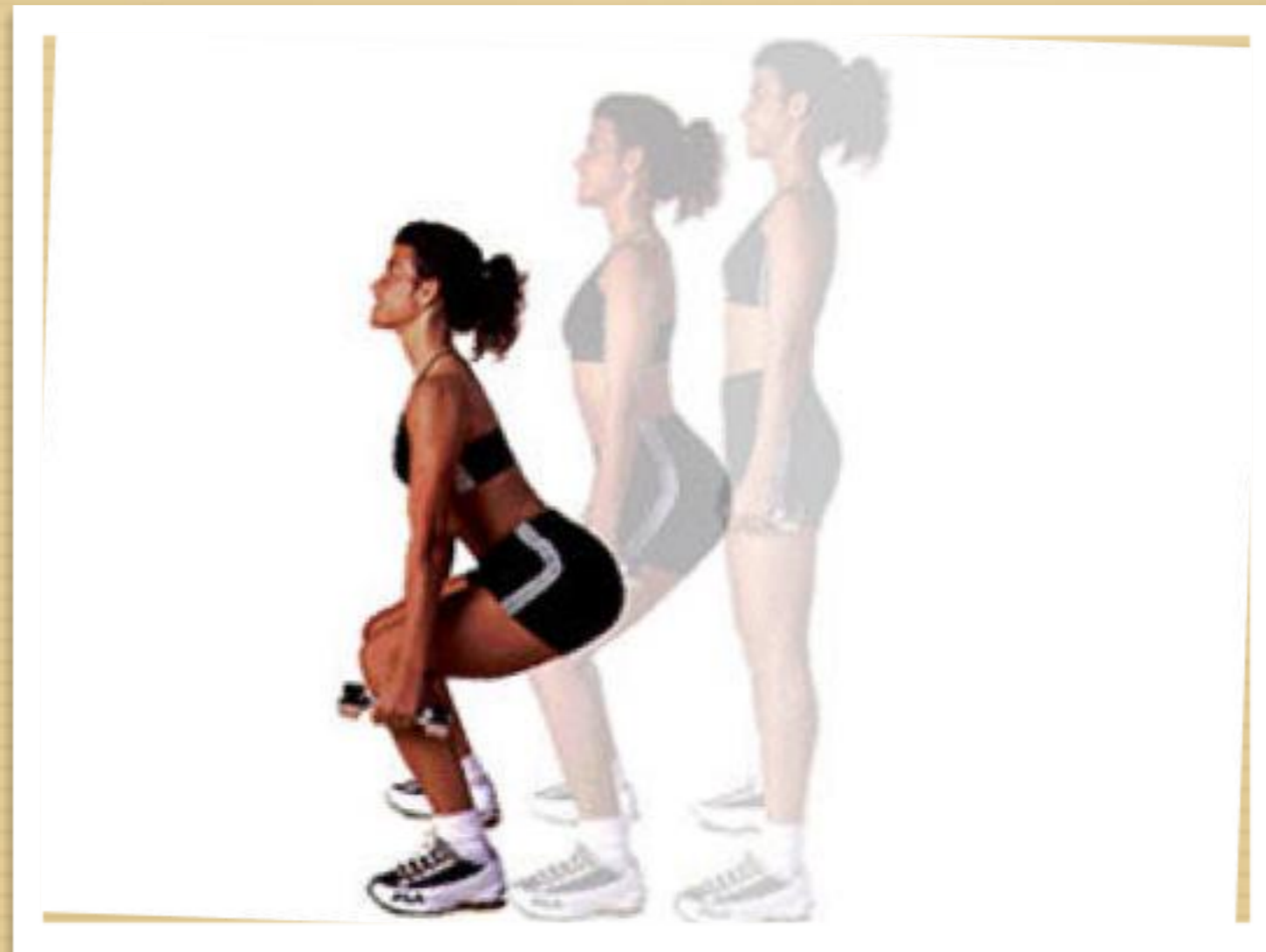


Best way to improve muscular endurance is through aerobic & anaerobic exercises.

Muscular Strength

- Definition - the ability of a muscle to exert force for a brief period of time.

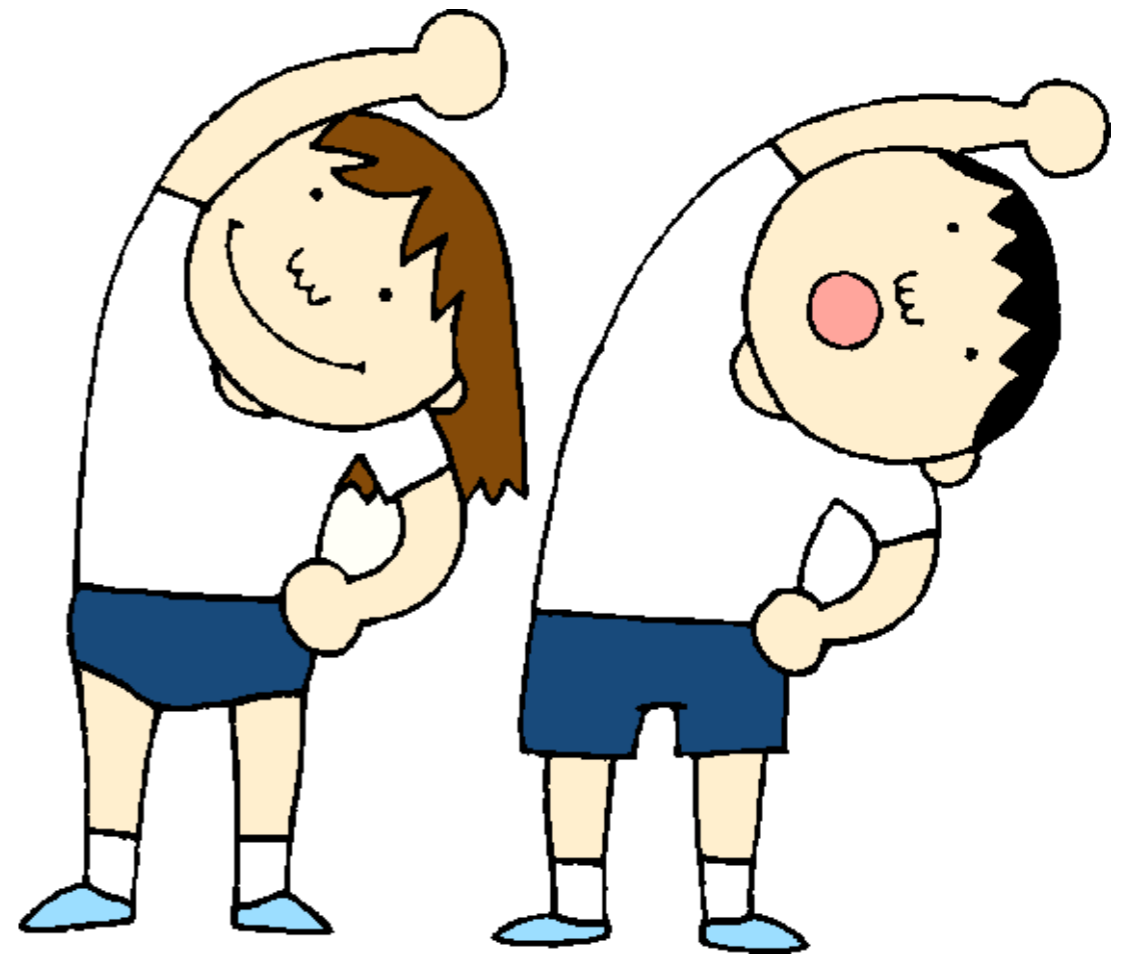




Best way to improve muscular strength is through anaerobic exercise.

Flexibility

- Definition - the ability to move joints and use muscles through their full range of motion.










Best way to improve flexibility is through stretching exercises.

Body Composition

- Definition - the amount of fat in the body compared to the amount of lean mass.

Lean Body Mass

-  Muscles
-  Bones
-  Tendons
-  Ligaments
-  Organs