

5 COMPONENTS OF FITNESS

1. **Cardiorespiratory Endurance**: The ability of the heart and lungs to supply oxygen to the muscles during long periods of physical activity. **Examples**: jogging, swimming, cycling, rope jumping
2. **Muscular Endurance**: The ability of the muscles to repeat a movement many times or hold position without stopping to rest. **Examples**: push-ups, pull-ups, curl-ups
3. **Muscular Strength**: The ability of the muscle or muscles to push or pull with total force for one repetition. **Examples**: weightlifting 1 rep
4. **Flexibility**: The muscles ability to move a joint through a full range of motion. **Examples**: stretching, sit and reach, yoga
5. **Body Composition**: The way your body is made in terms of mass...made up of percentages of fat, bone, water, and muscle. Measured with skin calipers.
6. Having good Cardiorespiratory Endurance means you can...**run for 15 minutes**.
7. When you lift something very heavy you use? **Muscular Strength**.
8. If you CANNOT do the splits, you will need to work on? **Flexibility**
9. What do the heart and lungs supply to the muscles during long periods of exercise?
Oxygen
10. Name an activity that will help improve your cardiorespiratory endurance? **Running**