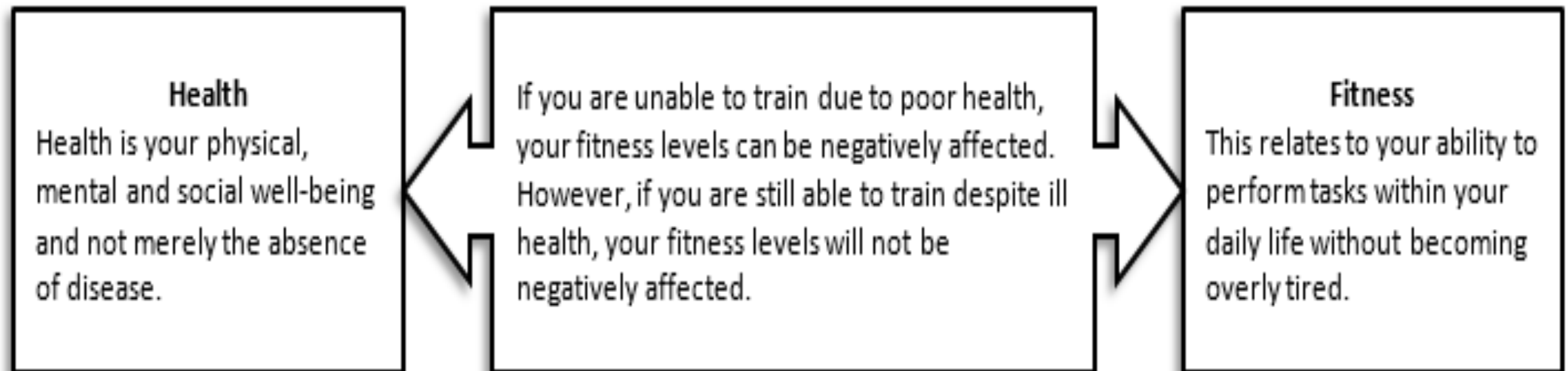


Relationship between Health and Fitness



Paper 1: Health and fitness – components of fitness

The different components of fitness which can be improved through physical training are outlined below. Different sports require different components to perform different skills.

