Paper 1: Health and fitness

Relationship between Health and Fitness

Health

Health is your physical, mental and social well-being and not merely the absence of disease. If you are unable to train due to poor health, your fitness levels can be negatively affected. However, if you are still able to train despite ill health, your fitness levels will not be negatively affected.

Fitness

This relates to your ability to perform tasks within your daily life without becoming overly tired.

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.

