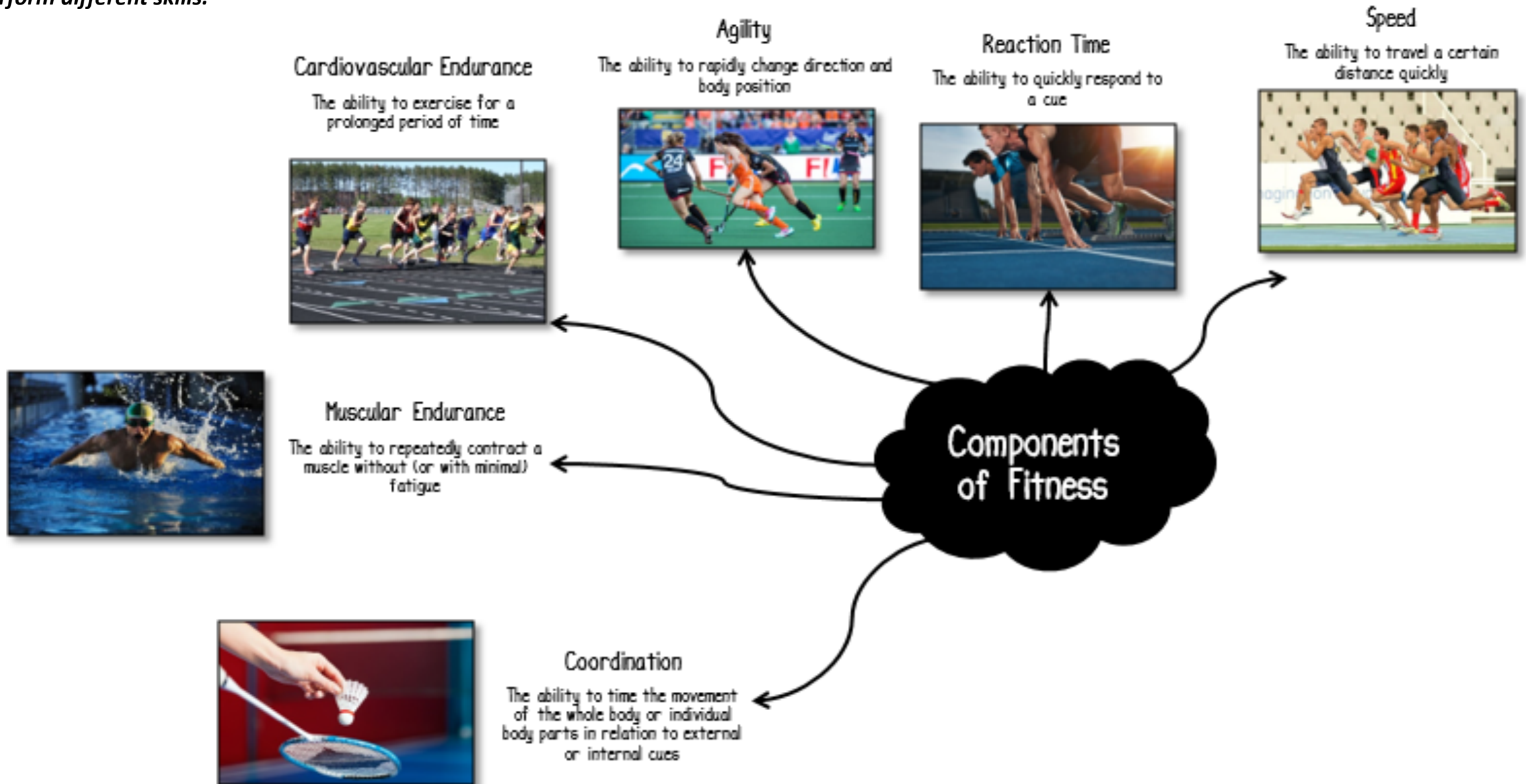


# Paper 1: Health and fitness – components of fitness

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



# Paper 1: Health and fitness – components of fitness

