

GYMNASTICS

Health Related Fitness - In order to try to enhance your physical health and remain healthy, the concept of health-related fitness includes exercise activities that you do, there are five areas of health-related fitness, particularly in the categories of cardiovascular fitness, muscle development, flexibility, endurance training and body composition.

- **Cardiovascular fitness** - The capability for long periods of time to exercise the whole body is also called stamina.
- **Muscular strength** - The amount of force that can be developed by a muscle against resistance. It helps sportspeople to hit, tackle and throw.
- **Muscular endurance** - the ability to use voluntary muscles many times without becoming tired. It helps sportspeople to sprint or repeat quick actions for longer.
- **Flexibility** - The range of movement possible at a joint. It helps performers to stretch and reach further.
- **Body composition** - The percentage of the weight of the body that is fat, muscle or bone. Depending on the type of sport they play, it helps athletes, eg, heavy rugby players are more efficient in the scrum than lightweight players, but light long-distance runners can still beat heavyweights.

Give 3 examples each:

- **Cardiorespiratory endurance** – Swimming, Dancing, Jogging
- **Muscular strength** – Lifting Weights, Cycling, Hill Walking
- **Muscular endurance** – Plank, Squats, Walking lunges
- **Flexibility** – Forward Lunges, Side Lunges, Standing Quad Stretch
- **Body composition** – Burpees, Pushups, Interval Training