



Components of Physical Fitness

▼ Class

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Aerobic Endurance / Cardio-Respiratory Fitness

Aerobic Endurance → body's ability to use oxygen

- Combination of the respiratory and circulatory systems
- Allows working muscles to exercise for longer

Muscular Strength & Endurance

Muscular Strength → ability to exert a force against a resistance

- Ex. lifting weights

Muscular Endurance → ability to repeat muscle exertions

- Ex. sit-ups, push-ups

Flexibility

Flexibility → ability to move through a full range of motion through a joint

- Depends on multiple factors
 - Females are more flexible than males
 - Joint mobility decreases with age

Stretching lengthens the muscles.

Body Composition

Body Composition → percentage of body fat found in the body

- Women → 19-26% body fat
- Men → 15-19% body fat

Women typically have more percentage of body fat.