

Components of Physical Fitness

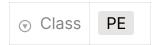


TABLE OF CONTENTS

Aerobic Endurance / Cardio-Respiratory Fitness
Muscular Strength & Endurance
Flexibility
Body Composition

Components of Physical Fitness

- Aerobic Endurance / Cardio-Respiratory Fitness
- · Muscular Strength
- Muscular Endurance
- Flexibility
- Body Composition

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 \rightarrow 15-19% body fat

Women typically have more percentage of body fat.