

A close-up, low-angle shot of a person's legs and torso as they perform a deadlift with a barbell. The person is wearing dark shorts and a dark t-shirt. The background is blurred, showing gym equipment.

FITNESS UNIT

PHYSICAL EDUCATION



FITNESS -THE CONDITION OF
BEING PHYSICALLY FIT AND HEALTHY.



MAJOR FITNESS COMPONENTS (5)

CARDIOVASCULAR

FLEXIBILITY

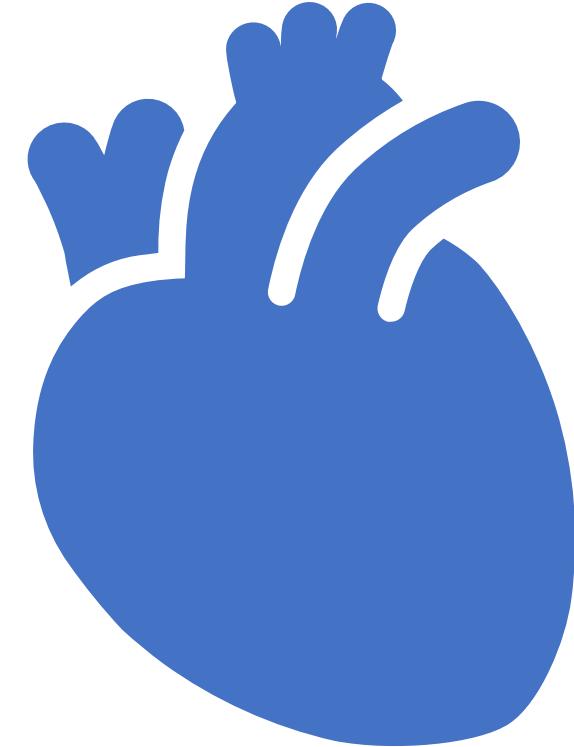
BODY
COMPOSITION

MUSCULAR
STRENGTH

MUSCULAR
ENDURANCE

CARDIOVASCULAR

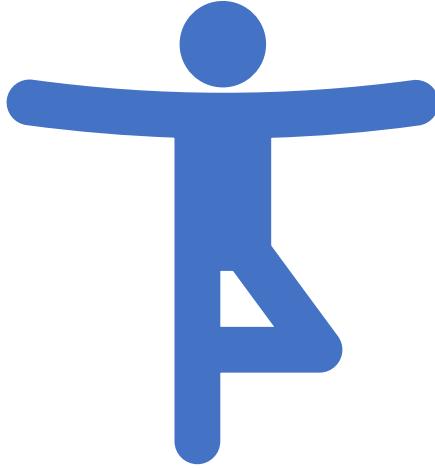
- Cardiovascular means related to your heart and blood vessels, like the pipes that carry blood all around your body. It's about how your heart pumps blood to give your muscles and organs the oxygen and nutrients they need to work properly."



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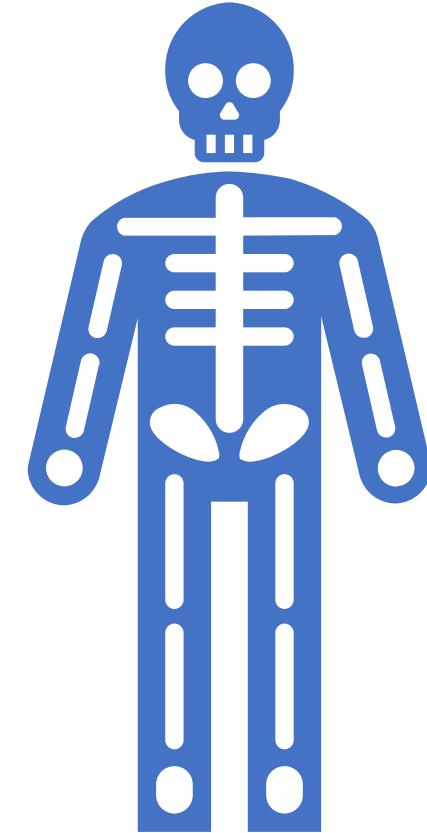
FLEXIBILITY

The range of motion in your joints and muscle. Flexibility means how easily your body can bend, stretch, and move its different parts. Being flexible helps you touch your toes, and move your body comfortably without feeling stiff.



BODY COMPOSITION

- Body composition is about understanding what your body is made of, like muscles, bones, and fat. It helps you see how healthy and strong you are and how your body's different parts fit together.



MUSCULAR STRENGTH

- Muscular strength is how strong your muscles are. It's like how much you can lift or push. When you have good muscular strength, you can do things that need power, like lifting heavy things or doing push-ups."





MUSCULAR ENDURANCE

- Muscular endurance is how long your muscles can keep working without getting tired. It's like how many times you can do an exercise, like sit-ups or squats, without your muscles feeling too worn out.



COMPREHENSION QUIZ

- 1) What your body is made of, like muscles, bones, and fat.
- 2) How strong your heart and lungs are.
- A) CARDIOVASCULAR
- B) FLEXIBILITY
- C) BODY COMPOSITION 
- D) MUSCULAR STRENGTH
- E) MUSCULAR ENDURANCE
- A) CARDIOVASCULAR ENDURANCE 
- B) FLEXIBILITY
- C) BODY COMPOSITION
- D) MUSCULAR STRENGTH
- E) MUSCULAR ENDURANCE

COMPREHENSION QUIZ

3) How long your muscles can keep working without getting tired.

- A) CARDIOVASCULAR
- B) FLEXIBILITY
- C) BODY COMPOSITION
- D) MUSCULAR STRENGTH
- E) MUSCULAR ENDURANCE ←

4) The range of motion in your joints and muscle.

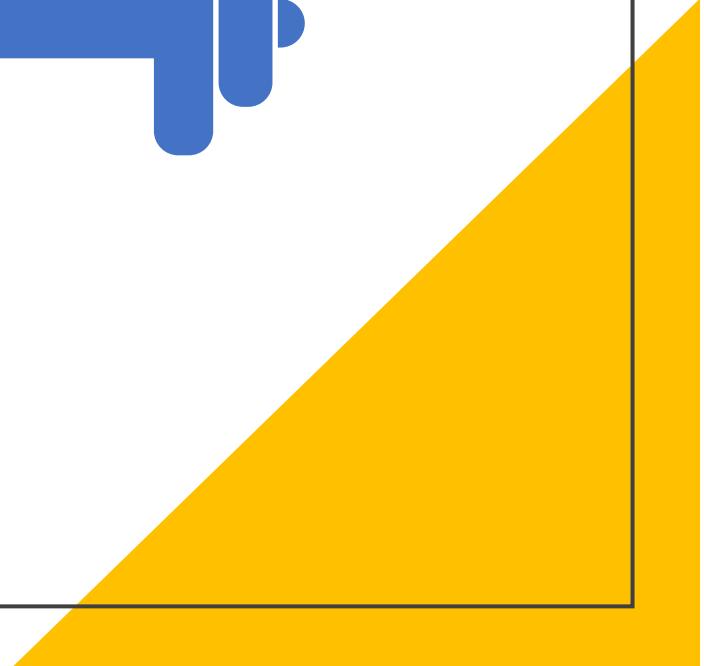
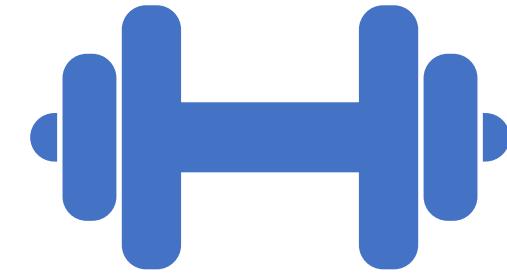
- A) CARDIOVASCULAR
- B) FLEXIBILITY ←
- C) BODY COMPOSITION
- D) MUSCULAR STRENGTH
- E) MUSCULAR ENDURANCE

COMPREHENSION QUIZ

5) How strong your muscles are. How much you can lift or push.

- A) CARDIOVASCULAR
- B) FLEXIBILITY
- C) BODY COMPOSITION
- D) MUSCULAR STRENGTH 
- E) MUSCULAR ENDURANCE

FITNESSGRAM
TEST VISUALS



A person wearing a green t-shirt and pink shorts is sitting on a white mat on a wooden floor. They are leaning forward with their arms extended towards their feet, demonstrating a sit and reach test. In the background, there are other people and some equipment, suggesting a gym or fitness center.

Sit and Reach Test Demonstration

Stretching Test



A man in a blue t-shirt and dark pants is performing push-ups on a yellow mat. He is positioned in front of a blue wall with a green rectangular logo on it. The background shows a hallway with a white door and a green ball on the floor.

HOW TO DO THE
PUSH UP TEST



HOW TO DO THE
CURL UP TEST

**DOES EVERYONE UNDERSTAND HOW TO
COMPLETE THE FITNESSGRAM TASK(S)?**

SIT AND REACH, PUSH-UP, AND CURL UP ASSESSMENT