

A close-up, low-angle shot of a person's hands gripping a barbell. The person is wearing a dark, sleeveless top. The background is a bright, out-of-focus window with vertical bars, suggesting a gym environment. The lighting is soft and natural, coming from the window.

FITNESS UNIT

PHYSICAL EDUCATION

FITNESS -THE CONDITION OF
BEING PHYSICALLY FIT AND HEALTHY.



MAJOR FITNESS COMPONENTS (5)

CARDIOVASCULAR

FLEXIBILITY

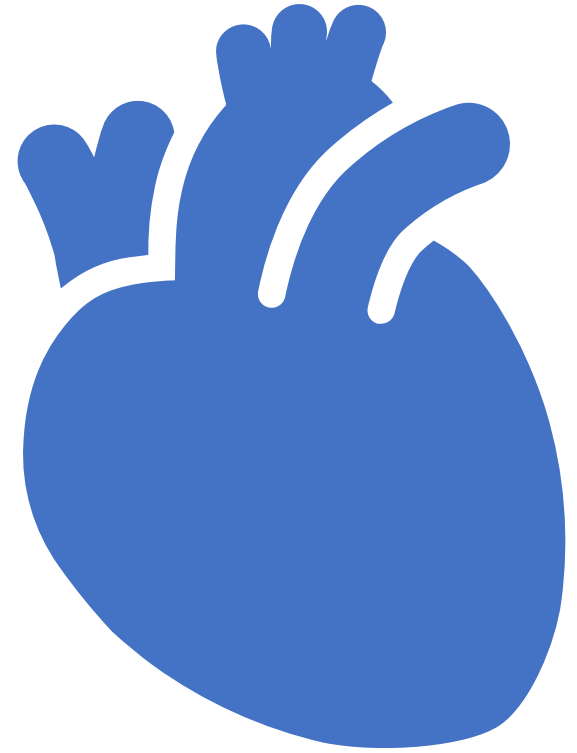
BODY
COMPOSITION

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."



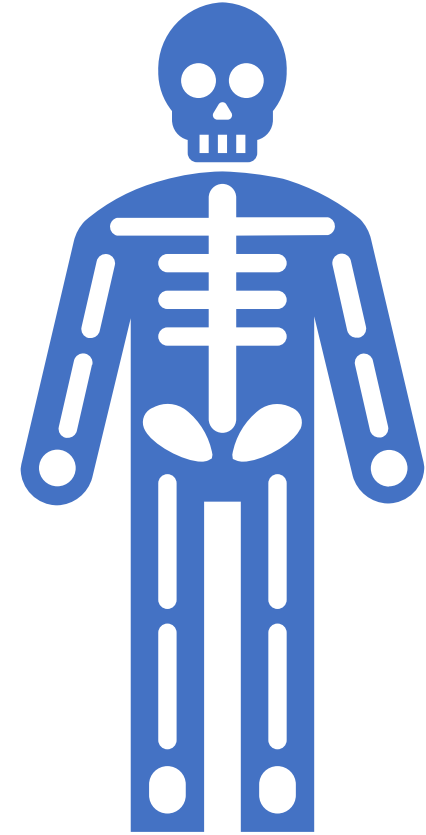
FLEXIBILITY

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 COMPOSITON

- 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.

A) CARDIOVASCULAR

B) FLEXIBILITY

C) BODY COMPOSITION 

D) MUSCULAR STRENGTH

E) MUSCULAR ENDURANCE

2) How strong your heart and lungs are.

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

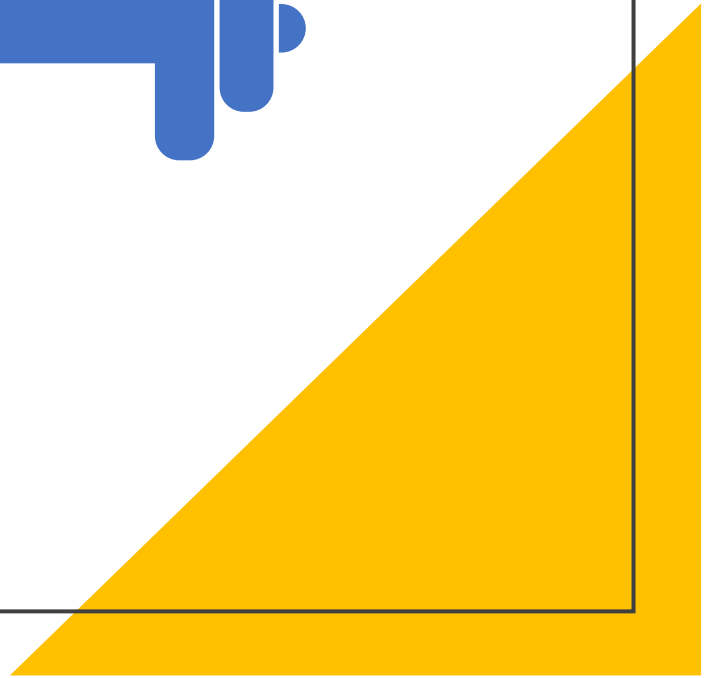
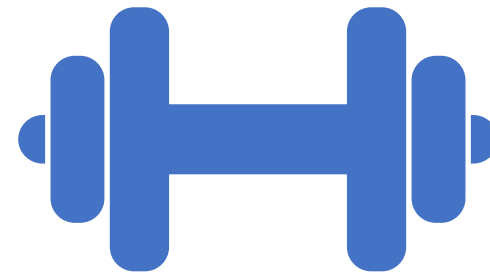
B) FLEXIBILITY

C) BODY COMPOSITION

D) MUSCULAR STRENGTH 

E) MUSCULAR ENDURANCE

FITNESSGRAM TEST VISUALS




A man with short brown hair, wearing a green t-shirt and black shorts, is sitting on a wooden bench. He is leaning forward with his hands clasped together, demonstrating a sit and reach test. The background is a plain, light-colored wall.

Sit and Reach Test Demonstration

Measuring Test:

1. Sit on the floor with legs straight out in front of you.



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