

Physical Fitness Concepts and Assessment

TOPIC I

A person who is fit is capable of living a healthy, satisfying and useful life. He is capable of living life to its fullest; perform daily activities and other physical activities efficiently. A person who is fit is both physically and mentally strong to face the challenges of life and he is able to cope up and adjust well with changes in situations that he may face. In order to maintain this, a person should regularly have to reassess and reflect on his physical fitness.

Physical Fitness is defined as the capacity of an individual to do daily routine work without fatigue, to participate in physical activities and still reserve enough to meet any emergency.

Health Related – refer to those physical attributed which enable a person to cope with the requirements of daily living such as cardio-vascular endurance or stamina, muscular strength and endurance, flexibility and the appropriate body mass index.

What will happen to our bodies if we stop moving? If we always sit down and do nothing?

"The mind and the body are not separate. What affects one affects the others"

-Dr Joe Kosterich



1. **BODY COMPOSITION** – is the body's relative amount of fat to fat-free mass
 - Body Mass Index
 - Waist Circumference



2. **FLEXIBILITY** is the ability of the joints to move through full range of motion



3. **CARDIOVASCULAR ENDURANCE** is the ability of the heart, lungs and blood vessel to deliver oxygen to working muscles and tissues and how they utilize oxygen.



4. **MUSCULAR ENDURANCE** ability of the muscle to do repeated work without fatigue



5. **MUSCULAR STRENGTH** - is the ability of the muscle to generate force against physical objects.

 **YouTube**

<https://www.youtube.com/watch?v=VNFLIaN0dok>

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Skill Related – are physical abilities that show potential for good performance in certain skills usually in sports.



1. **AGILITY** - The ability to change body positions quickly and keep the body under control when moving.



2. **BALANCE** - The ability to keep the body in a steady position while standing and moving.



3. **COORDINATION** - The ability of body parts to work together when you perform an activity.



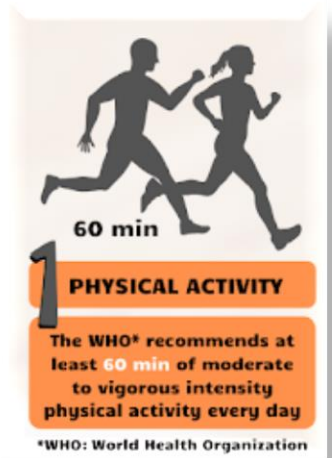
4. **POWER** - The ability to combine strength with speed while moving.



5. **SPEED** - The ability to move all or a part of the body quickly.



6. **REACTION TIME** - The ability to move quickly once a signal to start moving is received.



Reference:

<https://us.humankinetics.com/blogs/excerpt/what-is-physical-fitness>

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Hoeger, S.A., Hoeger,
C.I., Fawson, A.L.
(2017). *Lifetime physical fitness & wellness a personalized program* 14th ed.
USA: Cengage Learning



Physical Fitness Test is a set of measures designed to determine a student's level of physical fitness. It is intended to test two categories of physical fitness commonly referred to as "health –related" and "skill-related".