

Components of Health-Related Fitness

There are five components of health-related fitness. Each component is important to organizing and executing a well-balanced fitness plan. After reviewing each component, take some time to think about why each component is important to you. For example, you might care about flexibility because you're interested in improving your pitching speed by next season or cardiovascular fitness because you want to run a 5k by next summer. Remember, this is all about you—your reasoning for why it is important to you is all that matters!

Cardiovascular Fitness

Definition:

The ability of the heart and lungs to pump blood efficiently throughout the body.

Fitness Test:

PACER
One Mile Run

Benefits:

- ✓ Improves heart health and lung function
- ✓ Decreases risk of chronic diseases
- ✓ Reduces stress
- ✓ Burns fat

Sample Activities:

- Swimming
- Cycling
- Running
- Jumping rope
- Basketball
- Mountain climbers*
- High-knees*
- Burpees*

**Can be done with limited space.*

Why is this important to me?

Flexibility

Definition:

The range of motion at a given joint

Fitness Test:

Back Saver Sit and Reach
Shoulder Stretch

Benefits:

- ✓ Decreases risk of injury
- ✓ Improves posture and balance
- ✓ Reduces muscle soreness and stiffness
- ✓ Improves athletic performance

Sample Activities:

- Yoga
- Gymnastics
- Calf stretch
- Sitting toe touch
- Hamstring stretch
- Cross-body shoulder stretch
- Dynamic and static stretches

Why is this important to me?

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Body Composition

Definition:

The distribution of lean tissue (muscle, bone and organ) to fat tissue

Fitness Test:

Body Mass Index
Height & Weight

Benefits:

- ✓ Decreases risk of chronic diseases
- ✓ Increases mobility, energy and endurance
- ✓ Provides muscle definition and tone
- ✓ Reduces pain in joints, hips and lower back

Sample Activities:

- Eating more nutrient-dense foods, such as fruits, vegetables and lean proteins
- Drinking more water and less sugary sweetened beverages
- Participating in 60 minutes of physical activity every day

Why is this important to me?

Muscular Strength

Definition:

The amount of force a muscle can exert.

The amount of weight that a group of muscles can lift is called a 1-repetition maximum and is considered a good indicator of force exerted.

Fitness Test:

- Push-ups
- Pull-ups

Benefits:

- ✓ Builds strong muscles
- ✓ Improves bone strength
- ✓ Improves sports performance
- ✓ Helps prevent injury

Sample Activities

Muscle contractions can be isotonic or isometric.

- **Isotonic contractions:**
Muscular contraction against resistance in which the length of the muscle changes.
 - Examples include push-ups, pull-ups, and bicep curls.
- **Isometric contractions:**
Muscular contraction against resistance in which the length of the muscle remains the same.
 - Examples include plank, side plank, and wall sit.
- **Plyometrics:**
Repeated rapid stretching and contracting of a muscle with the goal of increasing power.
 - Examples include squat jumps, clapping push-ups, and burpees.

Why is this important to me?

Muscular Endurance

Definition:

Muscular endurance is the ability to contract muscles over time without tiring or to hold a muscle contraction for a long time without fatigue.

Fitness Test:

Curl-ups

Benefits:

- ✓ Builds strong muscles
- ✓ Reduces back pain and injury
- ✓ Improves body control and balance
- ✓ Increases agility and explosiveness

Why is this important to me?