**Vocabulary #1**

1. **F.I.T.T. Principle** - Frequency, Intensity, Time, Type (which component)
2. The 5 components of Fitness are:  **aerobic endurance, body composition, flexibility, muscular strength, and muscular endurance**.
3. **Aerobic endurance** is the body’s ability to take in and use oxygen so the muscles can keep working.  The most important element of fitness.
4. **Body composition** refers to the ratio of body fat to lean tissue (muscle, bone, skin and internal and organs).
5. **Flexibility** is the ability of joints to move throughout their full range of motion.
6. **Muscular strength** refers to ability of the muscles to work.
7. **Muscular Endurance** is the power of a muscle to keep on working.
8. **Body Fat:**  Percentage of body weight that is fat, compared to other tissue such as bone & muscle.
9. **Agility:**  The ability to change direction quickly.
10. **Balance:**  The ability of the body to maintain or regain stability.
11. **Coordination:**  The ability to use your senses together with your body parts.  (example: catching a ball, hand (body part)-eye (sense) coordination).