

Fitness 2019 – Unit 1 Study Guide

Health Related Fitness

Cardiovascular fitness:	the ability to exercise your entire body for long periods of time without stopping
Muscular Strength:	the amount of force your muscles can produce. This is measured by how much you can lift or how much resistance you can overcome
Muscular endurance:	the ability to use your muscles many times without tiring
Flexibility:	the ability to use your joints fully through a wide range of motion
Body composition:	the percentage of body weight that is made up of fat when compared to the other tissues, such as bone and muscle

Skill Related Fitness

Agility:	the ability to change the position of your body quickly and to control your body's movements
Balance:	the ability to keep an upright posture while standing still or moving
Coordination:	the ability to use your senses together with your body parts or to use two or more body parts together
Power:	the ability to use strength quickly. Involves both strength and speed
Reaction time:	the amount of time it takes to move once you realize the need to act
Speed:	the ability to perform a movement or cover a distance in a short period of time

FIT Principle

Frequency:	how many days per week you exercise
Intensity	how hard or much energy you put out during exercise
Time:	how long you exercise continuously

MAJOR MUSCLES

