Physical Education Assignment #1

Name: \_\_\_\_\_\_\_ Today’s Date: \_\_\_\_\_\_\_\_\_\_

Period: \_\_\_\_\_\_\_\_ Date absent/injured: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Health-Related Components of Fitness

Health-related fitness items relate to how well the systems of your body operate

* For Example: Is your heart an efficient pump? Are your muscles in good

shape?

* *There are 5 health-related components of fitness*

Muscular Endurance, Muscular Strength, Body Composition, Cardiovascular Endurance, Flexibility

Directions: After reading the Fitness Notes, please answer the following questions in complete sentences.

1. What are some examples of flexibility?
2. What is the difference between muscular strength and muscular endurance other than the definition?
3. What is body composition?
4. Please describe the term cardiovascular endurance and provide two examples.