

FITNESS FOR LIFE PHYSICAL FITNESS Study Guide Unit #6

The Parts of Physical Fitness

Physical fitness is made up of eleven parts; five parts are health related and six parts are skill related. Health-related fitness helps you stay healthy; while skill-related fitness helps you perform well in sports and activities that require certain skills.

Health-Related Physical Fitness

1. **Cardiovascular Fitness:** The ability to exercise your entire body for long periods of time. Cardiovascular fitness requires a strong heart, healthy lungs, and clear blood vessels to supply the cells in your body with the oxygen they need.
2. **Strength:** The amount of force your muscles can produce.
3. **Muscular Endurance:** The ability to use your muscles many times without tiring.
4. **Flexibility:** The ability to use your joints fully through a wide range of motion.
5. **Body Composition:** The percentage of body weight that is made up of fat when compared to other body tissue, such as bone and muscle.

Skill-Related Physical Fitness

1. **Agility:** The ability to change the position of your body quickly and to control your body's movements. (wrestling, diving, soccer, ice skating)
2. **Balance:** The ability to keep an upright posture while standing still or moving. (gymnastics, ice skating)
3. **Coordination:** The ability to use your senses together with your body parts, or to use two or more body parts together. (hitting and kicking games, baseball, soccer, golf)
4. **Power:** The ability to use strength quickly. It involves both strength and speed. (shot put, discus, high jump, football, swimming)
5. **Reaction Time:** The amount of time it takes to move once you realize the need to act. People with good reaction time are able to make fast starts. (swimming, track, fencing, karate) *Good reaction time is necessary for your own safety while driving or walking!*
6. **Speed:** The ability to perform a movement or cover a distance in a short period of time. People with leg speed can run fast, while people with good arm speed can throw fast or hit a ball that is thrown fast.

How Much Physical Activity?

The Basic Principles of Exercise

1. **The Principle of Overload:** The most basic law of exercise states that the only way to produce fitness and health benefits through physical activity is to require your body to do more than it normally does. An increased demand on your body (overload) forces it to adapt.
2. **The Principle of Progression:** The amount and intensity of your exercise should be increased gradually. After a while your body adapts to an increase in physical activity (load) and your activity becomes too easy.
3. **The Principle of Specificity:** The specific type of exercise you do determines the specific benefit you receive.

The FITT Formula

You can use the FITT formula to help you apply the basic principles of exercise.

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S Ashworth



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