FIVE COMPONENTS OF FITNESS

&

FITNESSGRAM
• CARDIORESPIRATORY ENDURANCE
• MUSCULAR STRENGTH
• MUSCULAR ENDURANCE
  • FLEXIBILITY
• BODY COMPOSITION
CARDIORESPIRATORY ENDURANCE

• CARDIORESPIRATORY (VASCULAR) ENDURANCE
• AEROBIC CAPACITY
• INVOLVES EFFICIENT USE OF OXYGEN
• HEART RATE INCREASES; HEART RATE RANGE DIFFERS DEPENDING ON FITNESS LEVEL
• MORE CARDIO. RESULTS IN LOWER HEART RATE AT REST AND DURING PHYSICAL ACTIVITY
• FITNESSGRAM ASSESSMENTS?
CARDIO ASSESSMENTS

1 MILE RUN

PACER TEST
MUSCULAR STRENGTH

• HOW MUCH

• FEWER REPETITIONS (1-10)

• BIGGER MUSCLES AND MORE MUSCLE FIBERS ALLOW FOR LIFTING HEAVIER WEIGHT

• FITNESSGRAM ASSESSMENTS?
MUSCULAR STRENGTH ASSESSMENTS

PUSH-UPS

CURL-UPS

RESISTANCE TRAINING
MUSCULAR ENDURANCE

- HOW MANY OR HOW LONG
- MORE REPETITIONS (11+)
- MUSCLES ABLE TO PERFORM TASKS FOR LONG
- FITNESSGRAM ASSESSMENTS?
MUSCULAR ENDURANCE ASSESSMENTS

PUSH-UPS

CURL-UPS
FLEXIBILITY

- Improves range of motion in joints
- Improves elasticity of muscles
- Is greater when muscles are warm
- Improved by doing dynamic and static stretches
- FitnessGram assessments?
FLEXIBILITY ASSESSMENTS

SIT-AND-REACH
BODY COMPOSITION

• COMPARES FAT MASS TO FAT FREE MASS (BONES & MUSCLE)
• BMI = BODY MASS INDEX
• MYTHS?
• FITNESSGRAM ASSESSMENTS?
BODY COMPOSITION
ASSESSMENTS
HEIGHT & WEIGHT
SKINFOLD
UNDERWATER WEIGHING
BIOELECTRICAL IMPEDANCE
FITNESSGRAM ASSESSMENTS
IN PERSONAL FITNESS

PACER TEST
PUSH-UPS
CURL-UPS
SIT-AND-REACH
HEIGHT & WEIGHT