**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Health-Related Fitness Component** | **Definition** | **Frequency**  **How many days per week** | **Time**  **How long you perform the activity** | **Type**  **What kind of activity is performed** |
| **Cardiovascular Endurance** | Measure of the hearts ability to efficiently deliver oxygen through the blood to the other muscles in order to maintain vigorous exercise |  | Minimum of 20 minutes |  |
| **Muscular Endurance** | Ability of muscles to exercise many times without getting tired. |  | Minimum of 20 minutes |  |
| **Muscular Strength** | Amount of force put forth by a muscle or muscle group. |  | Minimum of 20 minutes |  |
| **Flexibility** | Ability to use one’s joints fully in order to prevent muscle injury. |  | Minimum of 10 minutes  (Hold stretches for 30 seconds) |  |

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |
| --- | --- | --- |
| **Skill-Related Fitness Components** | **Definition** | **Examples** |
| **Agility** | Ability to change directions quickly |  |
| **Balance** | Ability to remain upright while standing still or moving |  |
| **Coordination** | Ability to use senses and other body parts to perform specific physical challenges |  |
| **Power** | Ability to do strength performances quickly |  |
| **Reaction Time** | Amount of time it takes to get moving |  |
| **Speed** | Ability to perform a specific movement or cover a distance in a short period of time |  |