COMPONENTS OF PHYSICAL FITNESS

**Health Related components**: Those factors that are related to how well the systems of your body work

1. **Cardiovascular Fitness**: The ability of the circulatory system (heart and blood vessels) to supply oxygen to working muscles during exercise.
2. **Body Composition**: The relative percentage of body fat compared to lean body mass (muscle, bone, water, etc)
3. **Flexibility**: The range of movement possible at various joints.
4. **Muscular strength**: The amount of force that can be produced by a single contraction of a muscle.
5. **Muscular endurance**: The ability of a muscle group to continue muscle movement over a length of time.

**Skill Related Components**: Those aspects of fitness which form the basis for successful sport or activity participation.

1. **Speed**: The ability to move quickly from one point to another in a straight line.
2. **Agility**: The ability of the body to change direction quickly.
3. **Balance**: The ability to maintain an upright posture while still or moving.
4. **Coordination**: Integration with hand and/or foot movements with the input of the senses.
5. **Reaction Time**: Amount of time it takes to get moving.
6. **Power**: The ability to do strength work at an explosive pace.
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