

University of Phoenix Material

Physical Fitness and Nutrition Worksheet

To improve your health, it is critical to be physically fit and have a healthy diet. However, that doesn't mean you should eliminate all fats or be afraid to eat healthy fats. Learning how to choose the nutritional value of vitamins and minerals can help you make good choices to improve your health and wellness.

In this assignment, you identify the four components of health-related fitness. You also explore the relationship between diet and physical fitness. You also explore the relationship between diet and physical fitness. You also explore the relationship between diet and physical fitness.

Part 1: The Components of Health-Related Fitness Table

Complete the table below. The first row has been filled in as an example.

Component of Physical Fitness	Description	Health Implications in Your Life	Benefits
Cardiorespiratory Fitness	Being able to breathe and circulate blood in your body for a long period of time.	Most of metabolism runs from your energy use.	Reduces the risk of heart disease, hypertension, and high cholesterol.
Muscular Strength	The amount of force the muscles can exert during a single contraction or against a resistance or weight.	The less you weigh, the less energy you need to use.	Helps to prevent joint pain and osteoporosis, improves posture, and helps to prevent injury.
Muscular Endurance	The ability to exert force over a long period of time without getting tired.	Helps to prevent injury and disease.	Improves posture, prevents injury, and helps to prevent disease.
Flexibility	The ability to bend and stretch without injury.	The more you stretch, the more you can do.	Improves range of motion in joints, prevents injury, and helps to prevent disease.