

Names _____ Per _____

Fitness Components Group Worksheet

Being a healthy, fit person means that you have the ability balance all 5 of your Fitness Components. Throughout the year, every activity that you do in this class will help you to improve different aspects of your Fitness Components. As you do more activities, you will begin to see where your strengths and weaknesses are.

1. What are the 5 Fitness Components?
2. During *Cardiovascular Exercise*, what do the heart and lungs do?
3. *Muscular Strength* is the ability for a muscle to do what? _____
4. A really good exercise to help build your *Muscular Strength* is _____
5. *Muscular Endurance* is when your muscles can perform _____

6. Why do you want to be flexible? _____
7. How long should you stretch? _____
8. *Body Composition* is the ratio of _____ to _____
9. What can you do to keep a good body composition? _____

10. Which Fitness Component do you think is the most important to have and why?