Bourne Middle School

Wellness & Physical Education

**STUDY GUIDE**

**Health- Related Fitness Components**

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| **Health Related Fitness Component** & Fitnessgram Test | Definition |
| **Muscular Endurance**  Curl Ups | Using your muscles repetitively over a period of time ~ in a stationary LOCATION  ***HINT ~ MANY MOVEMEMENTS (high repetitions)*** |
| **Strength**  Push Ups | Apply a force (lifting, pushing, pulling) on an object (resistance ~ body weight, weights)  ***HINT ~ SLOW, TENSION OVER TIME, LOW repetitions)*** |
| **Flexibility**  Sit & Reach  Seal Test (Trunk lift) | The ability to move through a full range of motion at a joint  ***HINT~ ELONGATING, LENGTHENING THE MUSCLE*** |
| **Cardiovascular Endurance**  Beep-Beeps (Pacer)  Timed Mile | Using your heart & lungs to pump oxygenated blood throughout the body over a period of time  ***HINT ~ CHANGING LOCATION ~ (Forward, backwards, up, down, side to side)*** |

Health Related Fitness Component Activities Examples

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| --- | --- |
| Flexibility | Yoga, stretching, golf |
| Muscular Endurance | Badminton, Basketball, Jump Rope |
| Cardiovascular Endurance | Running, soccer, lacrosse, skating |
| Strength | Medicine Balls, resistance bands, rope climb, lifting weight |

**Explain the difference between Health related and skill related fitness.**

Health related – everyone is born with all 4 health related fitness components. **Health-related fitness** relates to your day-to-day activities. HRF involves exercise activities that you do in order to try to improve your physical health and stay healthy. **This component we are ALL born with.**

Skill related fitness is developed and acquired overtime. **Skill**-**related fitness** refers to your ability to perform physical tasks efficiently as it relates to a particular sport or task. **SRF built up over a period of time**.

**Skill Related Fitness Component Definitions & Activities Examples**

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| Agility | to change the position of the body quickly and control the movement | Agility dots, basketball,  lacrosse, soccer |
| Power | the ability to move body parts quickly while applying maximum force on muscle ~ combination of strength and speed | Power Jumps, Badminton, Volleyball, golf |
| Speed | the ability to put body parts into motion quickly | Running, soccer, lacrosse, skating |
| Reaction Time | the time taken to respond to a stimulus | Badminton, Volleyball, Field Hockey |
| Balance | to maintain the body’s center of mass above the base of support | Yoga, skating, gymnastics |
| Hand eye coordination | to use two or more body parts together | Fishing, Hockey, badminton, basketball |

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