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  |

Updated 12/2021