

Components of Physical Fitness

The components of **Health Related Fitness** are a basis from which to measure our general wellbeing. It is the aim of exercise to improve our capabilities in each of these areas. Different sports will be more demanding in some, and less demanding in others, but athletes usually strive to achieve a reasonable level of health fitness in each area. Unless you are focusing on perfecting your body performance for a particularly demanding sport, a balanced level of achievement in each of these fitness components should be your goal. Your fitness program should include activities and exercises that promote each of these health related fitness components.

Components of Health Related Fitness	
Cardiovascular Endurance	Cardiovascular endurance is also referred to as aerobic fitness, and is a measure of the athlete's ability to continue with exercise which places demands on the circulatory and respiratory system over a prolonged period of time. This occurs in activities such as running, walking, cycling and swimming.
Flexibility	Flexibility is the measure of free movement in a person's joints. This is especially important in gymnastics.
Muscular Strength	Muscular strength is the maximal force that can be applied against a resistance. It could be measured by the largest weight a person could lift or the largest body they could push or pull.
Muscular Endurance	Muscular endurance differs from muscular strength in that it is a measure of a person's ability to repeatedly apply maximal force, for example in a series of push-ups, over a period of time.
Body Composition	Body composition is usually measured by the percentage body fat a person carries.

Components of Physical Fitness

The components of **Skill Related Fitness** are not the skills associated with any particular sport, such as running, catching, tackling or kicking, but are the underlying skills which are brought to bear when participating in a sport. These are important fitness components, not just for sporting ability, but for use in everyday life. In times of illness, or in ageing, these components are often features of our lives that fail and their levels are reduced. Exercise and activities that promote skill components of fitness are therefore very important at all ages.

Components of Skill Related Fitness	
Agility	Agility is the ability to rapidly and accurately change the direction of the body at speed. It necessitates a combination of speed, balance, power and coordination.
Balance	Balance is the ability to maintain equilibrium when stationary or moving.
Power	Muscular power is the ability to contract muscles with speed and force in one explosive act.
Speed	Speed is a measure of the ability to move all or part of the body as quickly as possible.
Coordination	Coordination is the ability to carry out a series of movements or motor tasks smoothly & efficiently.
Reaction Time	Reaction Time is the ability to respond to a stimuli quickly.