

# NCFE Health and Fitness Level 1/2 – Components of Fitness

**Health** – A state of complete mental, physical and social well-being. fitness.

**Fitness** - The ability to meet the demands of the environment.






**Exercise** - A form of physical activity done primarily to improve health and/or fitness. Not competitive sport.

**Performance** – The action of performing a task/action.

Relationship between these:

- Regular **exercise** increases general **health & fitness**.
- High levels of **fitness** can in turn have a positive impact on **performance**.

## Health Related Components of Fitness

Component	Definition	Sporting Example
<b>Body Composition</b>	The percentage of a body that is fat, muscle, bone and water.	
<b>Muscular Strength</b>	The amount of the force muscles can generate against a resistance.	
<b>Muscular Endurance</b>	The ability to use voluntary muscles, over long periods of time without getting tired.	
<b>Flexibility</b>	The range of movement at a joint.	
<b>Cardiovascular Fitness (Aerobic Endurance)</b>	The ability of the heart and circulatory system to meet the demands of the body for a long period of time.	

How to remember this?  
 B – Bob  
 M - Munches  
 M - More  
 F - Fried  
 C - Chicken



## Skill Related Components of Fitness

Component	Definition	Sporting Example
<b>Coordination</b>	The ability to move two or more body parts at the same time.	
<b>Reaction Time</b>	The time taken for a response to occur after a stimulus.	
<b>Agility</b>	The ability to change direction at speed.	
<b>Balance</b>	The ability to keep the body steady when in a static position or when moving.	
<b>Speed</b>	The time taken to cover a set distance/complete a movement.	
<b>Power</b>	The ability to combine speed and strength.	

How to remember this?  
 C  
 R  
 A  
 B  
 S  
 P

