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.

How to remember this?

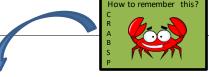
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Performance – The action of performing a task/action.

Relationship between these:

Skill Related Components of Fitness

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



M - Munches M - More **Health Related Components of Fitness** F - Fried

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Component	Definition	Sporting Example
Body Composition	The percentage of a body that is fat, muscle, bone and water.	PARTY OF THE PARTY
Muscular Strength	The amount of the force muscles can generate against a resistance.	Torpe de 50
Muscular Endurance	The ability to use voluntary muscles, over long periods of time without getting tired.	
Flexibility	The range of movement at a joint.	
Cardiovascular Fitness (Aerobic Endurance)	The ability of the heart and circulatory system to meet the demands of the body for a long period of time.	last)

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

GCSE Physical Education – Components of Fitness		
Term	Definition/notes/concept	
Keywords:		

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