

GCSE Physical Education – 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.

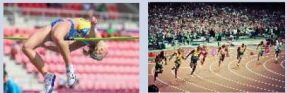
Exercise - A form of physical activity done primarily to improve health and/or fitness. Not competitive sport.

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
Body Composition	The percentage of a body that is fat, muscle, bone and water.	
Muscular Strength	The amount of the force muscles can generate against a resistance.	
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.	

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



Skill Related Components of Fitness

Component	Definition	Sporting Example
Coordination	The ability to move two or more body parts at the same time.	
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.	

How to remember this?
C
R
A
B
S
P

