

POWER STANDARD 2: I Can Train Myself and Others

Five Fitness Components of a Physically Educated Person

1. Cardiorespiratory endurance—The ability of the cardiovascular system (heart), respiratory system (lungs), and circulatory system to supply oxygen and nutrients to the working muscles over a long period of time.
2. Muscular strength—The ability of a muscle or group of muscles to exert a maximal force against a resistance.
3. Muscular endurance—The ability of a muscle or group of muscles to sustain repeated contractions over a long period of time with minimal fatigue.
4. Flexibility—The ability to move a body part through a full range of motion about a joint or a series of joints.
5. Body composition—The relative proportion of body fat to lean body mass.