

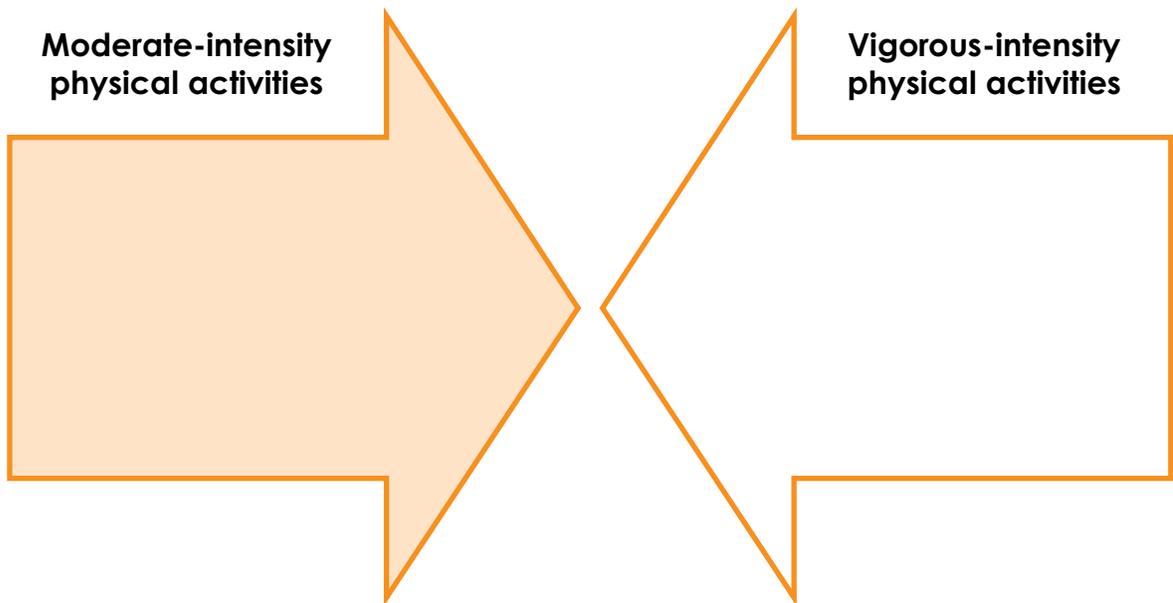
Health-Related and Skill-Related Fitness Components Note-Taking Guide

Health-Related Fitness Components

1. The five health-related fitness components are cardiorespiratory _____, muscular _____, muscular _____, _____, and body composition.

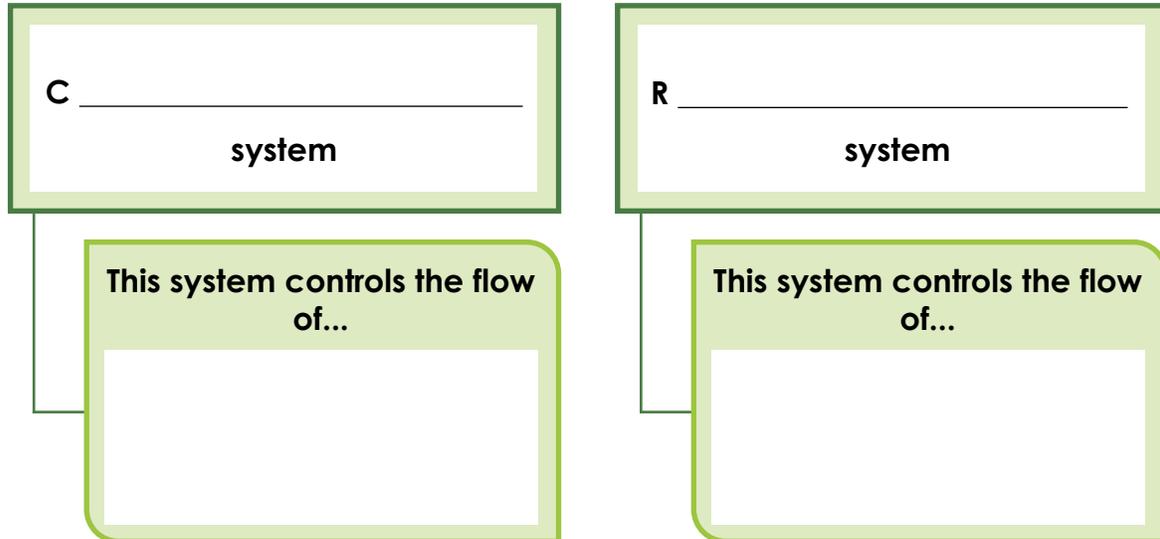
Cardiorespiratory Endurance

2. Cardiorespiratory endurance is the ability to _____ your entire body for a long time without stopping.
3. Finish the information on moderate-intensity physical activities and vigorous-intensity physical activities.



Circulatory System and Respiratory System

4. Complete the following diagram by writing down the two systems that work with cardiorespiratory endurance.



Determining Your Cardiorespiratory Endurance Intensity

5. Two ways to determine how hard you are working, rating of _____ exertion (RPE) scale and the _____ heart rate zone.
6. The _____ scale has numbers and pictures that relate to how _____ or _____ you feel the aerobic activity you are doing is for you.
7. Target heart rate zone is a range of two numbers that you want to stay in when _____ to get the most _____ from your workout.

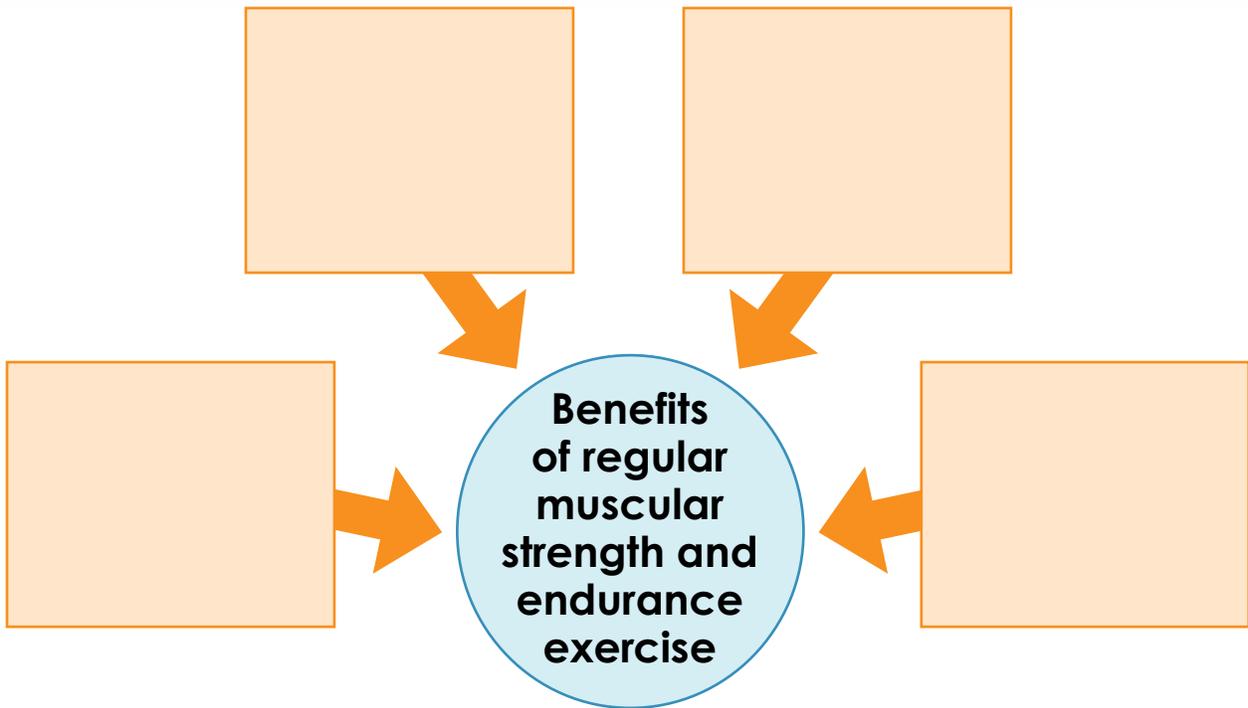
Muscular Strength and Muscular Endurance

8. Muscular _____ is the amount of force a muscle can produce.
9. Muscular _____ is the ability of the muscles to perform continuously without tiring.

CHAPTER 5: Staying Active and Healthy

Lesson 5.2

10. Complete the following chart with the benefits of regular muscular strength and endurance exercise.



Muscular System

11. The muscular system is responsible for _____ movement and consists of more than _____ muscles.

Nervous System

12. What two parts make up the central nervous system?

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Skeletal System

13. The skeletal system is made up of bones, _____, ligaments, and that connect the _____ together.

Flexibility and Range of Motion

14. Flexibility is the ability to use your _____ fully through a wide range of _____
15. Range of motion is influenced by the mobility of the _____ and tendons that surround the _____.
16. Name two types of stretching.

1 _____

2 _____

Body Composition

17. Define body composition.

Body composition:

Skill-Related Fitness Components

18. List the correct skill-related fitness component next to its definition. Choose from: Agility, Balance, Coordination, Power, Reaction time, Speed.

The ability to combine strength with speed while moving. _____

The ability to move quickly once a signal to start moving is received. _____

The ability to get from one place to another in the shortest possible time. _____

The ability to keep the body in a steady position while standing or moving. _____

The ability to change body positions quickly and keep the body under control when moving. _____

The ability of body parts to work together when you perform an activity. _____