

Fitness Through Physical Activity

Lesson Objectives

After reading this lesson, you should be able to

1. Name and describe the five parts of health-related physical fitness.
2. Name and describe the six parts of skill-related physical fitness.
3. Explain how to use the Stairway to Lifetime Fitness.

Lesson Vocabulary

agility (p. 13), balance (p. 13), body fatness (p. 13), cardiovascular fitness (p. 12), coordination (p. 13), flexibility (p. 13), health-related physical fitness (p. 12), hypokinetic conditions (p. 13), muscular endurance (p. 12), power (p. 13), reaction time (p. 13), skill-related physical fitness (p. 12), speed (p. 13), strength (p. 12)

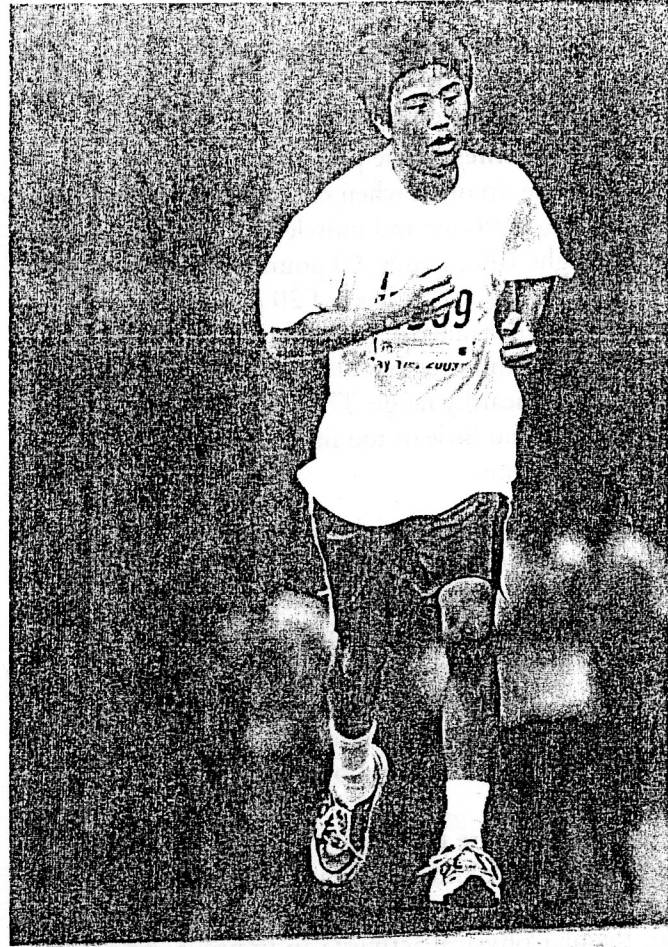
The Parts of Physical Fitness

When you see a person who is good at sports, such as the runner in the photo, do you assume that the person is physically fit? You might be surprised to know that this assumption is not always true. It is true that a person who excels in sports needs a certain degree of physical fitness. However, being good at a specific skill such as running may not be a good indicator of total physical fitness; some sports require only certain parts of physical fitness.

Physical fitness is made up of 11 different parts; 5 parts are health related and 6 parts are skill related. As the terms imply, **health-related physical fitness** helps you to stay healthy, while **skill-related physical fitness** helps you perform well in sports and activities that require certain skills. The activity at the end of this chapter will help you better understand the differences among the 11 parts. Each part of physical fitness is described in more detail later in this chapter.

Health-Related Physical Fitness

Think about the runner again. He probably can run a long distance without tiring. He has good fitness in



Running is a good way to achieve some health-related physical fitness benefits.

at least one area of health-related physical fitness. But does he have good fitness in all five parts? Running is an excellent form of physical activity but it does not guarantee that he will be fit in all areas of health-related physical fitness. Like the runner, you may be more fit in some parts of fitness than in others. As you read about each part of health-related physical fitness next, ask yourself how fit you think you are in each.

► **Cardiovascular fitness** is the ability to exercise your entire body for long periods of time without stopping. Cardiovascular fitness requires a strong heart, healthy lungs, and clear blood vessels to supply the cells of your body with the oxygen they need.

► **Strength** is the amount of force your muscles can produce. Strength is often measured by how much weight you can lift or how much resistance you can overcome. People with good strength can perform daily tasks efficiently—that is, with the least amount of effort.

► **Muscular endurance** is the ability to use your muscles many times without tiring. People with good muscular endurance are likely to have better posture and fewer back problems.