5 Components of Fitness

**1. Cardiovascular Endurance-** The ability to deliver oxygen and nutrients to the body over sustained periods of time. The best type of exercise for improving cardiovascular fitness is aerobic exercise (brisk walking, jogging, bicycling, swimming, rope jumping, aerobic dance, basketball, and soccer). It is nonstop, repetitive, strenuous physical activity that raises the breathing and heart rate. The fitness tests that measure cardiovascular fitness are the pacer and mile run.

**2. Muscular Strength-** The ability of a muscle group to apply a maximal force against a resistance one time (lifting a weight). Lifting weights is the best way to increase strength. The fitness tests that measure muscular strength are curl ups, pushups and trunk lift.

**3. Muscular Endurance-** The ability to repeat muscle movement over a period of time (doing 50 push-ups or sit-ups, pull-ups, weight training). The fitness tests that measure muscular endurance are curl ups and pushups.

**4. Flexibility-** The ability to move body joints through a full range of motion including all stretching for all parts of the body. The more flexible a person is, the less likely they will have sore or injured muscles or lower back pain. Stretches are to be performed slowly and with no bouncing. They are to be done during warm-ups and cool-downs. The fitness tests that measure flexibility are shoulder stretch and trunk lift.

**5. Body Composition-** The amount of fat on a person as compared to the net body mass. This is also known as what the body is composed of- including lean fat and body fat. Body composition is measured by Body Mass Index, which is a numerical value that can determine a range of values between underweight to obese. BMI can be calculated by skin fold measuring, BMI devices, and by taking one’s weight and height.

**F.I.T. Principle**   
F = Frequency of exercise, number of times per week   
I = Intensity of exercise (effort)   
T = Time spent exercising or number of times performed.