

HEALTH AND SKILL - RELATED FITNESS COMPONENTS

| | AEROBICS - “CARDIO” TRAINING | STRENGTH/ENDURANCE - RESISTANCE TRAINING | FLEXIBILITY– FLEXIBILITY TRAINING; STRETCHING | SKILLS - SKILL TRAINING |
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| Definitions | <p><u>Cardiovascular Endurance</u> - The ability of the body’s systems to maintain efficient functioning during and after exercise.</p> <p>Aerobic activities directly affect <u>Body Composition</u>, the percentage of body weight that is fat.</p> | <p><u>Muscular Strength</u>- the ability of muscles to exert a large force or move a heavy weight one time.</p> <p><u>Muscular Endurance</u>- the ability of the muscles to do repeated activity requiring strength</p> | <p><u>Flexibility</u> - The ability to move a particular joint through a range of movement.</p> | <p><u>Skill - related fitness</u>- parts of fitness that help one perform well in sports and games.</p> <p><u>Speed</u>- the ability to perform a movement or cover a distance in a short time</p> <p><u>Agility</u> - the ability to quickly change the position of the body and to control the body's movements</p> <p><u>Power</u> - the ability to use strength quickly</p> <p><u>Balance</u> - the ability to keep and upright posture while standing still or moving</p> <p><u>Reaction time</u> - the amount of time it takes to move once one realizes the need to act</p> <p><u>Coordination</u> - the ability to use the senses together with body parts (eye-hand coordination) or use two or more body parts together.</p> |
| Activities include: | Jogging/running Swimming X-country skiing Rope jumping | *weight training *calisthenics push ups curl ups | Stretching exercises include: Long sitting Butterfly | Sports skills Throwing Catching Batting |

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| | Bicycling Skating/blading Aerobic dance/step aerobics Tennis Basketball | back extension leg crunches toe raises *resistance bands wrestling gymnastics swimming | Calf stretch Quad stretch Side bend Standing twist Etc. | Dribbling Sprinting Jumping Kicking Hitting Etc. |
| Activity should: | <ul style="list-style-type: none"> • Be done at least 3-5X per week • Be continuous • Be at a steady pace • Vigorous exercise 20 – 60 min., 3 days per week OR • Moderate exercise 30 - 60 minutes 5 days per week • Use large muscles of legs and buttocks • Be done at an intensity where you can still talk • Hard workouts should not be done on consecutive days • should progress gradually in exercise time, frequency, and intensity. | <p>*for Wt. Training, Calisthenics, and Resistance bands</p> <ul style="list-style-type: none"> • Be done 2-3X per week • Perform 8-10 exercises that work all the major muscle groups • Start easy and build gradually • Be done slowly and smoothly • Use proper form • Use full range of motion • Not be done on consecutive days unless doing upper body one day and lower the next <p>*light weights/many repetitions = muscular endurance *heavy weights/few repetitions =muscular strength *a growing adolescent should not lift weight so heavy that s/he can not lift it at least 8X</p> | <ul style="list-style-type: none"> • Be done 2-3 X per week • Include both dynamic and static stretching • Be done prior to and following vigorous workouts • Be done only after warm up • Be done to the point of pain • Static stretches should be held 10-30 seconds • *slow stretching provides more permanent range of motion • Moved into and out of slowly • Be done with each workout | Include many repetitions of the same skill so that it can be performed automatically. |
| Objective | To use the muscles long enough to require more blood (food and oxygen) which in turn makes the heart work harder To increase the strength and endurance of the heart muscle | To shorten (contract) the muscle using resistance To increase muscular strength and/or endurance | To lengthen (extend) the muscle To reduce risk of muscle injury and increase speed and agility | To improve sports performance To improve skills to be able to enjoy sports and games and thereby stay FIT |
| TEST | Mile run Beep test | Curl ups Pull ups Flexed arm hang | Sit and reach | Shuttle run |

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| | | Push ups | | |
| Warm up? | Yes | Yes | Yes | Yes |
| Needed for good health | Yes - Health-related | Yes - Health-related | Yes - Health-related | No - Skill-related |
| Needed for sports | Yes | Yes | Yes | Yes |

Aerobic – with oxygen; exercising long periods where you can breathe regularly

Anaerobic – without oxygen; exercising so intensely that you can only go for short periods of time and cannot breathe regularly.

Warm up - mild exercise that is used to get the muscles warm before activity

Cool Down – a short period of mild exercise (can be stretching) following a vigorous workout

Overload- doing exercise at a level high enough to cause changes in the body

Specificity - Particular exercise designed to address a specific part of physical fitness

Progression - increasing intensity, frequency, or duration

Regularity - how often exercises need to be done to maintain fitness

Recovery – the body requires an interval of time and periods of rest and sleep to recover from a vigorous exercise session. The amount of time needed for recovery is less for the physically fit person.

Intensity – how hard

Duration – how long

Frequency – how often