

LESSON 6.2 Health-Related and Skill-Related Fitness Components
Note-Taking Guide

Health-Related Fitness Components

1. What are the five components of health-related fitness?

1. _____
2. _____
3. _____
4. _____
5. _____

Cardiorespiratory Endurance

2. Cardiorespiratory endurance is the ability to _____ your entire body for a long time without stopping.

Circulatory System and Respiratory System

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

C _____ system	R _____ system
This system controls the flow of... _____	This system controls the flow of... _____

Determining Your Cardiorespiratory Endurance Intensity

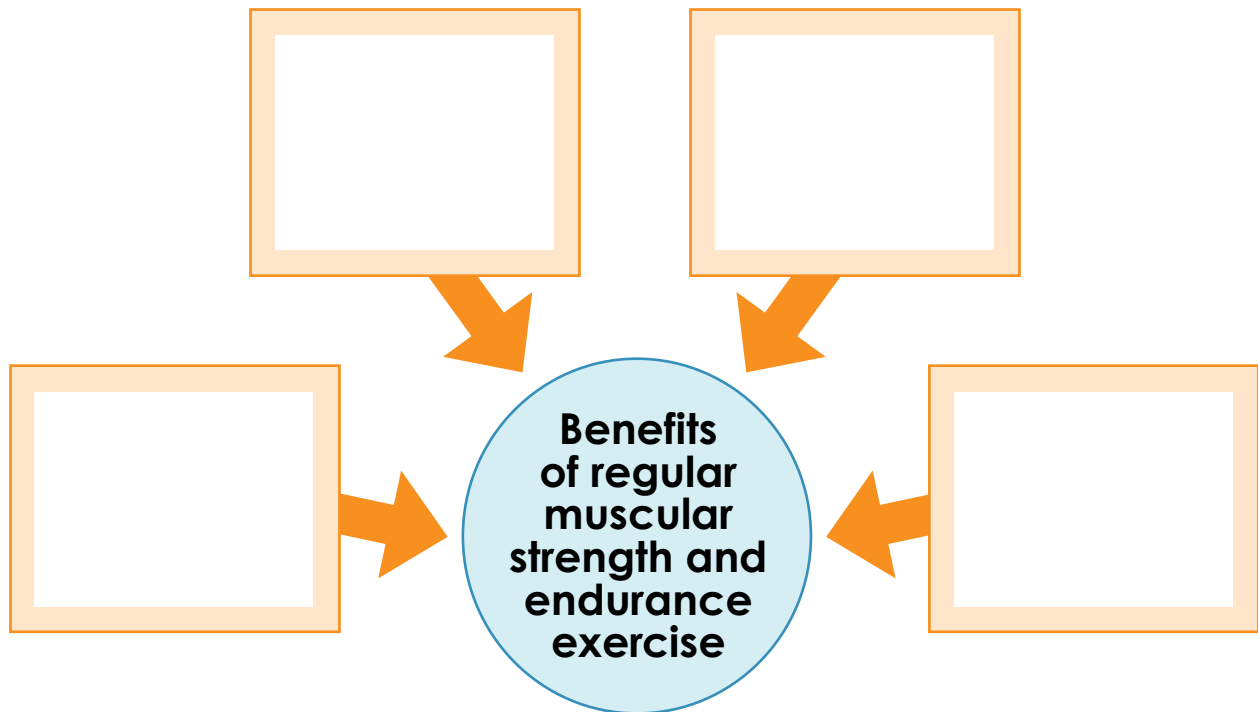
- Two ways to determine how hard you are working, rating of _____ exertion (RPE) scale and the _____ heart rate zone.
- Target heart rate zone is a range of two numbers that you want to stay in when _____ to get the most _____ from your workout.

Muscular System

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

Muscular Strength and Endurance

- Muscular _____ is the amount of force a muscle can produce.
- Muscular _____ is the ability of the muscles to perform continuously without tiring.
- Complete the following chart with the benefits of regular muscular strength and endurance exercise.



Nervous System

10. What two parts make up the central nervous system? Describe them.

--	--

Skeletal System

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

Flexibility

12. Flexibility is the ability to use your _____ fully through a wide range of _____.
13. Range of motion is influenced by the mobility of the _____ and tendons that surround the _____.
14. Name two types of stretching and provide at least one example of each.

1. _____
2. _____

Body Composition

15. Define body composition.

Body composition:	
--------------------------	--

Skill-Related Fitness Components

- 16.** 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. _____