

Lesson Plans for Chapter 2: “Components of Fitness”

Introduction: --- 5 mins

Objectives

1. What is the difference between health-related and Skill-related physical fitness
2. What are the health-related components of physical fitness
3. What are the skill-related components of physical fitness
4. Why does a person not have to be a good athlete to be physically fit?
5. Why is it important to know your current level of health-related fitness?

Show Video --- 6 min

Video Questions:

1. What's the difference between health-related and skill-related fitness?
2. Why should we be concerned about health-related fitness?
3. Fitness – Can everyone be a winner?

Health-Related Fitness: --- How well does the systems of your body operate:
Are your heart and other muscles in good shape?

*** Maintaining an acceptable level of the health-related components of physical fitness is recognized as a key element of a healthy lifestyle. People who attain such levels of fitness reduce their risks of developing health problems, such as heart disease, lower back pain, and obesity, and improve their body's ability to function.

Five Health-Related Components to Physical Fitness

1. **Flexibility** – the range of movement possible at various joints.
2. **Cardiovascular Fitness** – relates to the ability of the heart, blood, blood vessels, and the respiratory system to supply oxygen and necessary fuel to the muscles during exercise.
3. **Muscular Strength** – is the ability of a muscle group to apply maximal force against a resistance one time.
4. **Muscular Endurance** – is the ability to repeat muscle movement for a long time.
5. **Body Composition** – is the ratio of fat to muscle, bone, and other tissues that compose your body.

Six Skill-Related Components of Physical Fitness

1. **Agility** - is the ability to change the position of your body and to control the movement of your whole body.
2. **Balance** – is the ability to keep an upright posture while either standing still or moving.
3. **Power** – is the ability to perform with strength at a rapid pace.
4. **Reaction Time**- is the amount of time it takes to start a movement once your senses signal the need to move
5. **Coordination** – is the integration of eye, hand, and foot movements.
6. **Speed** – is the ability to cover a distance in a short time

Fitness Assessment: --- Fitnessgram

Skill Related Assessment: ---

Fitness Skill Test

1. SEMO Agility Test
2. Balance -- 1 foot stand test
3. Coordination -- soda pop test
4. Power -- Standing Long Jump
5. Reaction Time -- Yardstick Test
6. Speed -- 50 yard test