5 Components of Fitness

Vocabulary for 5 Components of Fitness Lecture

5 Components of Fitness
1. Cardiovascular Fitness (CVF)
2. Flexibility (Flex)
3. Muscular Strength (MS)
4. Muscular Endurance (ME)
5. Body Composition (BC)
Vocabulary for 5 Components of Fitness Lecture

- **Aerobic Activity** - Aerobic activity is exercise of relatively low intensity and long duration, which depends primarily on the aerobic energy system. Aerobic means "with oxygen."

- **Anaerobic Activity** – Anaerobic Activity is exercise of relatively high intensity and short duration. Anaerobic means “without oxygen.”
Vocabulary for 5 Components of Fitness Lecture

- **Target Heart Rate (THR)** – Target Heart Rate means a person's heart rate is in their target zone of 65% – 85% of their maximum heart rate.

- **Maximum Heart Rate (MHR)** – Maximum Heart Rate refers to the highest number of beats/minute your heart should register while exercising. To find your maximum heart rate, you take the number 220 minus your age.

- **Repetitions (Reps)** – Refers to the number of times a weight is lifted.
1. **Cardiovascular Fitness** (also known as cardio respiratory fitness) is the ability of the heart, lungs and vascular system to deliver oxygen-rich blood to working muscles during sustained physical activities.
2. **Flexibility** - Flexibility is the degree to which an individual muscle will lengthen along with the range of motion of your muscles and joints.
5 Components of Fitness

3. **Muscular Strength** - Muscular strength is the amount of force a muscle or muscle group can exert against a moderate to heavy resistance.
5 Components of Fitness

4. **Muscular Endurance** – Muscular endurance is the ability of a muscle or muscle group to repeat a movement many times or to hold a particular position for an extended period of time.
5 Components of Fitness

5. **Body Composition** – Body composition is a person’s body type in regard to their height, weight, BMI, waist to height ratio, body shape comparison and body fat %.
1. All 5 are equally important but for different sports/activities, or at different times in your life/career, one or two could be more important than the others. Examples could include:

A. During the cross country season an athlete will work hardest on CVF and ME. When the season ends that athlete will need to spend time on MS, Flex, and possibly BC if they lost too much weight during the season.

B. A person who lifts weights 3 times a week but does no CVF or Flexibility will need to find time to also work on those areas.

C. An older adult who has good CVF may need to work harder on Flex, MS, and ME since we lose muscle mass and flexibility as we age.
Key Concepts

2. For a lot of popular activities/sports it is important that the participant is balanced in multiple components. Examples could include:

A. Football game - each play only lasts 4 seconds (MS) but the game lasts 1 hour. (ME and CVF)

B. Distance event in track (1600 M.) This race lasts many minutes (ME and CVF) but the runner may need to sprint the last 100 meters to the finish line (MS)

C. Golf – Walking for 18 holes (ME and CVF) Hitting a drive 300 yards (MS and Flex)
3. **Separate but Equal** - each component is important on its own but each affects the others as well. For example, your body composition can affect your cardiovascular endurance or muscular strength. Because of this, it’s important to focus on improving all components of fitness.
Ways to Improve and Examples of Each Component

• **Cardiovascular Fitness** – You can improve your CVF by doing aerobic types of activities while in your **Target Heart Rate**.

• Aerobic activities that can be done in your target heart rate include but are not limited to running, biking, swimming, x country skiing, dancing, ultimate frisbee, competitive basketball, tennis, and soccer.
Ways to Improve and Examples of Each Component

- **Flexibility** – You can improve your flexibility by stretching, lifting weights through a full range of motion, yoga and by living an active lifestyle. Flexibility indicators include a sit-and-reach test, and trunk lift.
Ways to Improve and Examples of Each Component

• **Muscular Strength** - Muscular strength is developed by doing low reps (1-5) and using high weight. To increase strength, activities need to be done with maximum effort, intensity, for a short period of time, and are usually anaerobic in nature. Examples include but are not limited to sprinting, a single play in football, hitting a baseball, Spiking a volleyball, and jumping up for a rebound in basketball.
Ways to Improve and Examples of Each Component

• **Muscular Endurance** - Muscular endurance is developed by doing high reps (6 or more) & low weight and is done over a longer period of time, at a consistent pace, and aerobic in nature. Many of the same activities that improve CVF also improve endurance.
Ways to Improve and Examples of Each Component

• **Body composition** – Body composition is based on a number of factors including heredity/genes, diet, and a person’s activity level. We can’t change our heredity/genes but we can control our diet and activity level.