

HEALTH RELATED FITNESS COMPONENTS

Fall 2017
Mr. Nygaard
Core 1 - PE

QUIZ: NEXT TUESDAY / WEDNESDAY

Learning Outcomes:

- #1 - Be able to identify and define the 5 Health Related Fitness Components
- #2 – Pick a sport and specifically explain how/where each component is needed

CARDIOVASCULAR ENDURANCE

- **Definition:** The ability of the heart, lungs, and vascular system to function efficiently to deliver oxygenated blood to your muscles so you can continue to keep your body moving.

MUSCULAR ENDURANCE

- **Definition:** The ability to contract the muscles many times without fatigue or to hold one muscle contraction for a long period of time.

MUSCULAR STRENGTH

- **Definition:** The amount of force that a muscle can produce in one single maximal effort.

FLEXIBILITY

- **Definition:** Ability to move the joints through a full range of motion. Requires elastic muscles.

BODY COMPOSITION

- **Definition:** The make-up of the body's tissues, including muscle, bone and body fat and the ratios between them.

CARDIOVASCULAR ENDURANCE

Lacrosse

- In order to be able to run all over the Lacrosse field, players need their heart, lungs, and vascular system to function efficiently to deliver oxygen to their muscles.

Soccer

- In order to be able to run all over the soccer field, players need their heart, lungs, and vascular system to function efficiently to deliver oxygen to their muscles.

MUSCULAR ENDURANCE

Lacrosse

- During the game, Lacrosse players pass and shot constantly. In order to do that they must have their arm muscles contract repeatedly without becoming fatigued.

Soccer

- In order to pass the ball and shoot, soccer players must have their leg muscles contract repeatedly without becoming fatigued.

MUSCULAR STRENGTH

Lacrosse

- In order to shoot the ball really hard past the goal keeper, you must generate a tremendous amount of force in one single maximal effort.

Soccer

- In order for a player to kick the ball all the way across the field they must be able to generate a large amount of force in one single maximal effort.

FLEXIBILITY

Lacrosse

- In order to bend over and scoop up the ball with your stick, you need to have full range of motion in your hips. This requires elastic muscles.

Soccer

- In order to shoot the ball really hard you need to have full range of motion in your hip so you can get leg into proper position for max power.

BODY COMPOSITION

Lacrosse

- In order to play Lacrosse to the best of your ability you want the tissues of your body (muscle, bone and fat) to have a healthy ratio.

Soccer

- Playing soccer frequently will help give your body a healthy ratio of muscle bone and fat.