

Name: _____

HEALTH-RELATED PHYSICAL FITNESS

You have learned about the differences between health-related and skill-related fitness. Working with a friend or family member, answer the following questions. You can also use the internet for help!

1. Circle the statement that defines health-related fitness:

Health-related fitness helps you live better

Health-related fitness helps you do better in sports

2. Scratch out the components that **are not** health-related fitness components.

**BODY
COMPOSITION**

AGILITY

**MUSCULAR
STRENGTH**

BALANCE

**MUSCULAR
ENDURANCE**

**AEROBIC
FITNESS**

POWER

FLEXIBILITY

SPEED

COORDINATION

3. What is the most important component of health-related fitness?
4. Name the five health-related fitness components and say what you can do to improve that component. An example is provided for you.

HRF COMPONENT	WHAT ACTIVITIES HELP YOU IMPROVE THIS COMPONENT?
Aerobic Fitness	Running, biking, hiking - Anything that allows you to get in your HHZ

