PHYSICAL EDUCATION
Lifetime Physical Wellness
PL-04-2.2.3

Skills and knowledge that promote physical activity
DOK 1

Components of Fitness

Muscular Endurance - the ability to use the same muscles for a long period of time

Body Composition - the proportion of fat, bones, muscle and fluid that make up body weight

Muscular Strength - the amount of force your muscles can produce

Flexibility - the ability to bend and move your body easily

Cardio-Respiratory Endurance (heart & lung) - the ability to stay active without getting tired

©2006 JCPS Gheens; Practical Living