

Components of Physical Fitness

Task

Match the components of fitness to the correct definitions

AEROBIC
ENDURANCE

The ability of the muscular system to work efficiently. It's where a muscle can continue contracting over a period of time against a light to moderate fixed resistance load.

MUSCULAR
ENDURANCE

The maximum force that can be generated by a muscle or muscle group.

MUSCULAR
STRENGTH

The ability of the cardiorespiratory system to work efficiently, supplying nutrients and oxygen to working muscles during sustained physical activity.

FLEXIBILITY

The relative ratio of fat mass to fat-free mass in the body

SPEED

Having an adequate range of motion at a joint. This means being able to move the joint smoothly through its full range of motion.

BODY COMPOSITION

How fast a movement can be completed. It is calculated by dividing distance (m) by time (sec).