

Health – A state of complete mental, physical and social well-being (not merely the absence of disease or infirmity).

Fitness - The capacity to carry out life’s activities without getting too tired.

Well-being – a feeling or mental state of being contented, happy, prosperous and healthy.

Sedentary – a lifestyle that is inactive and involves much sitting down





Relationship between these:

- Regular **exercise** increases general **health, fitness** and **well-being**.
- High levels of **fitness** can in turn have a positive impact on **well-being** and **sedentary** lifestyles.

Health Related Components of Fitness


How to remember this?
B – Bob
M - Munches
M - More
F - Fried
C - Chicken







Component	Definition	Sporting Example
Muscular Strength	The ability of a muscle to exert force for a short period of time.	
Muscular Endurance	The ability to use voluntary muscles, over long periods of time without getting tired.	
Flexibility	The range of movement at a joint.	
Cardiovascular Endurance (stamina) VO2 Max O2 intake per minute	The ability of the heart and circulatory system to continuously exercise without tiring (for a long period of time).	

Skill Related Components of Fitness

How to remember this?
C
R
A
B
S
P



Component	Definition	Sporting Example
Coordination	The ability to move different limbs at different times or to do more than one task at a time effectively.	
Reaction Time	The ability to react quickly in sport situations to out wit your opponent or outspurt another athlete	
Agility	The ability to change direction under control, whilst maintaining speed, balance and power.	
Balance	The ability to keep your body mass or centre of mass over a base of support.	
Speed	The ability to move the body quickly.	
Power	The ability to combine speed and strength.	 

GCSE Physical Education – Components of Fitness

Term	Definition/notes/concept

Keywords: