

GCSE Physical Education – Components of Fitness

Health – A state of complete mental, physical and social well-being. fitness.

Fitness - The ability to meet the demands of the environment.

Exercise - A form of physical activity done primarily to improve health and/or fitness. Not competitive sport.

Performance – The action of performing a task/action.


Relationship between these:

- Regular **exercise** increases general **health & fitness**.
- High levels of **fitness** can in turn have a positive impact on **performance**.







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










How to remember this?
 C
 R
 A
 B
 S
 P



Health Related Components of Fitness

Component	Definition	Sporting Example
Body Composition	The percentage of a body that is fat, muscle, bone and water.	 
Muscular Strength	The amount of the force muscles can generate against a resistance.	
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 Fitness (Aerobic Endurance)	The ability of the heart and circulatory system to meet the demands of the body for a long period of time.	

Skill Related Components of Fitness

Component	Definition	Sporting Example
Coordination	The ability to move two or more body parts at the same time.	
Reaction Time	The time taken for a response to occur after a stimulus.	
Agility	The ability to change direction at speed.	
Balance	The ability to keep the body steady when in a static position or when moving.	
Speed	The time taken to cover a set distance/complete a movement.	
Power	The ability to combine speed and strength.	 

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Term	Definition/notes/concept

Keywords: