

# 6 components of fitness

## lecture

### Components of Fitness

#### 1. Cardiorespiratory Endurance

*Definition-* How strong your heart and lungs are

*Measurement-* Your pulse. As you get more fit, your WHR (working heart rate) will drop.

*Improvement-* Aerobic exercise; need to get your WHR up to 120 BPM (or to target heart rate) and maintain that for 30 minute or more per workouts 3 or more times per week.

#### 2. Muscular Strength

*Definition-* How much work your muscles can do in one attempt.

*Measurement-* Target muscle; choose a lift for the muscle; do one maximum lift. Example: biceps muscle; one maximum biceps lift.

*Improvement-* Push-ups, pull ups (only if you can not do these exercises)In the weight room: few repetitions (3-6), increase sets, more weight.

#### 3. Muscular Endurance

*Definition-* How long your muscles can do before total fatigue.

***Measurement-*** Target muscle; choose exercise, time limit, count number of repetitions. Example: abdominal, crunches, 1 minute.

***Improvement-*** Target muscle; choose appropriate exercise that makes the muscle work. Gradually increase the amount of time spent doing the exercise. IN the weight room, increase sets and reps, decrease the weight.

#### **4. Flexibility**

***Definition-*** The range of motion around the body's joints

***Measurement-*** Choose the joint; measure the range of motion

Example the back, do the sit and reach test

***Improvement-*** Stretching (the only way to improve flexibility) there are 3 ways to stretch: ballistic (bouncing- actually shortens the muscle); static (hold the stretch for a count of 30-60 seconds);PNF (partner stretch. To me done with supervision only) To improve flexibility, you much stretch at the end of your workout.

#### **5. Body Composition**

***Definition-*** %lean muscle mass vs. % fat

***Measurement-*** There are four ways (each becoming less accurate as you move from the first to last) Water displacement, electrical impedance, skin fold

calipers and tape measure.

***Improvement:*** any exercise with a healthy eating plan. The number of calories used must be greater than the number consumed to change the body composition. This will occur over a period of time (3 to 6 months)

## **6. Stress Reduction**

***Definition-*** How well you can handle/control the stressors in your life.

***Measurement:*** Physiological factors: headaches, sleeplessness, acne, body aches, hives, etc.

***Improvement-*** Various methods: exercise, mediation, yoga, talking out your problems, massage, guided relaxation, etc.