

# GCSE Physical Education – Components of Fitness

**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
<b>Muscular Strength</b>	The ability of a muscle to exert force for a short period of time.	
<b>Muscular Endurance</b>	The ability to use voluntary muscles, over long periods of time without getting tired.	
<b>Flexibility</b>	The range of movement at a joint.	
<b>Cardiovascular Endurance (stamina)</b>  <b>VO2 Max</b> 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
<b>Coordination</b>	The ability to move different limbs at different times or to do more than one task at a time effectively.	
<b>Reaction Time</b>	The ability to react quickly in sport situations to outwit your opponent or outspurt another athlete	
<b>Agility</b>	The ability to change direction under control, whilst maintaining speed, balance and power.	
<b>Balance</b>	The ability to keep your body mass or centre of mass over a base of support.	
<b>Speed</b>	The ability to move the body quickly.	
<b>Power</b>	The ability to combine speed and strength.	 