**Health Related Components of Fitness**

Those factors that are related to how well the systems of your body work.

|  |  |  |  |
| --- | --- | --- | --- |
| **Component** | **Definition** | **Determinants** | **Tests** |
| Body Composition |  |  |  |
| Cardio Respiratory Endurance |  |  |  |
| Flexibility |  |  |  |
| Muscular Strength |  |  |  |
| Muscular Endurance |  |  |  |

**Skill Related Components Of Fitness**

These components are extremely important for participation in sports, but they have little significance on a person’s overall health and wellness.

|  |  |  |  |
| --- | --- | --- | --- |
| Component | Definition | Determinants | Tests |
| Power |  |  |  |
| Speed |  |  |  |
| Coordination |  |  |  |
| Balance |  |  |  |
| Reaction Time |  |  |  |
| Agility |  |  |  |