Health Related Components:

- **Cardiovascular Endurance**: The ability of the heart and lungs to absorb, transport and utilize oxygen over an extended period of physical exertion.

  - Cardio respiratory endurance is dependent on the ability of the heart and lungs to deliver oxygen to the working muscles. As cardiorespiratory endurance improves, the body functions more efficiently and the heart has to work less and it can better withstand the strains of everyday stress. Also, it is important for overall heart health and prevention of lifestyle diseases.

  -Muscular Endurance**: The capacity of a muscle (or group of muscles) to exert a sub maximal force through a given range of motion or at a single point over a given time.

  - Muscular endurance is a key for everyday life activities and operates to help maintain good posture and prevent back and leg pain. In addition, it can greatly enhance physical performances, as well as help an individual cope with everyday stress.

- **Muscular Strength**: The ability of a muscle to exert a maximal force through a given range of motion or at a single given point.

  - Strong muscles are important for carrying out everyday tasks, such as carrying groceries, doing yard work, and climbing stairs. Muscular strength can help to keep the body in proper alignment, prevent/reduce risk of injury, enhance performance, improve body composition, provide support for good posture, etc. In addition, as we age muscle size and strength tend to decrease along with bone mass, which can be reversed with strength training.

- **Flexibility**: The ability of a joint to move through a full range of motion.

  - Flexibility becomes more important as we age and our joints stiffen up and our muscles lose elasticity, eventually preventing us from doing everyday tasks with ease. Additionally, good flexibility will allow the body to assume more natural positions to help maintain good posture and will also help in preventing injuries. Stretching is therefore an important habit to start, as well as continue, as one ages to help maintain flexibility.

- **Body Composition**: The ratio of lean body mass (muscle) to adipose tissue (fat).

  - Body composition that is properly balanced is very important. Excessive fat is a good predictor of health problems because it is associated with cardiovascular disease, high cholesterol, and high blood pressure. Higher proportions of lean mass (muscle) indicate a strong and more desirable physique, enhanced bone density, improved immune function, improved heart efficiency, reduced risk of developing type 2 diabetes (improved glucose metabolism), increased
metabolism, decreased resting blood pressure, improved HDL levels (more good cholesterol), improved self-esteem and an increased ability to adapt to everyday stress.

**Skill Related Components:**

- **Agility:** The ability to quickly and accurately change the direction of the entire body in space.
  - Agility is critical in almost all sports, such as a boxer dodging a punch, a wrestler finishing a take-down, or a soccer/football/basketball/hockey player changing directions on a dime. In addition, changing directions is a common cause of injury, so proper movement control from high levels of agility is essential.

- **Balance:** The ability to maintain your equilibrium either when moving or remaining stationary.
  - Balance is one of the most overlooked areas of fitness and not only greatly enhances motor movements but it also improves overall physical performance. Additionally, as we age balance becomes increasingly important to prevent falls, which can result in serious injury.

- **Power:** The amount of force a muscle in the body can exert.
  - Power not only makes completing daily tasks much easier but it also greatly enhances one’s physical abilities and physical performances. Power is a key element to many sports, physical activities, as well as training and conditioning endeavors.

- **Speed:** The amount of time the body takes to perform a specific task.
  - Some sports and physical activities are based purely on speed, while others are not. However, speed is helpful in everyday life as well as in many sports and physical activities.

- **Coordination:** The ability to use your senses and different parts of your body to perform motor tasks accurately and smoothly.
  - Whether you want to stand up, walk/run/skip/jump, pour a glass of milk, eat a meal, play a musical instrument, or participate in physical activity, coordination is involved in most all daily activities and also greatly enhances physical performance.