

Fitness Focus –Skill Areas of Fitness

Fitness allows a person to: (Values of Total Fitness)

Meet emergencies

-run for help

Be healthy

-reduce risk of heart disease,
back problems,

Work efficiently

-work with less fatigue and more
efficiency

Enjoy leisure

-have energy to do physical
activities such as playing sports

Look good

-look your best by building
muscles and maintaining a
desirable level of body fat.

Everyone can improve the five areas of health-related fitness with regular exercise.

In addition to the five health related areas of fitness, six more parts of physical fitness are considered **skill related** motor abilities.

1. **Agility** - change body position quickly (basketball, soccer)
2. **Balance**- keep upright posture (ice skating, gymnastics)
3. **Coordination** - use two or more body parts together (baseball, tennis, soccer)
4. **Power** - use strength quickly (football, shot put, discus, high-jump)
5. **Reaction time** - time it takes you to move (track, swimming, driving)
6. **Speed** - move or cover a distance in a short period of time (running, throwing)

Heredity and maturity influence skill related fitness.

LESSON REVIEW: Answer questions in complete sentences and on a separate sheet of paper.

1. List and explain 3 of the 5 values of total fitness.
2. Pick 3 of the 5 values of total fitness and explain why YOU think these 3 things are most important.
3. What 2 areas of skill related fitness are you best at? Why?