



General or Health Related Fitness



Lesson Objectives

- Define the term General/ Health related Fitness
- Understand the 5 aspects of General fitness
- Explain how general fitness contributes to health



General or Health Related Fitness

- “This is the ability of your to cope with the demands of everyday life without excessive tiredness and still have enough energy to cope with emergencies”



Starter

- What possible emergencies could occur that you would need energy for? Discuss.

Cardiovascular/Endurance/ Cardiovascular Fitness

Ability of the circulatory system to deliver the oxygen the muscles need.
Also called **aerobic fitness**

Muscular Endurance

The ability of the muscles to repeat contractions without tiring

Stamina

The body's ability to keep going for long periods without tiring. It is a combination of cardiovascular and muscular endurance

Speed

The ability to move your body or part of your body quickly

Flexibility / Suppleness

The range of movement at a joint

Body Composition

The % of fat and lean tissue in your body. If you have too much fat or too little you are unfit

Strength

The force muscles exert when they contract

