5 COMPONENTS OF FITNESS
When absent, please re-define the vocabulary in your own words and use them
in a sentence (complete) and give example.

1. **Body Composition** - Body composition is the proportion of body fat to lean
   body mass.
   The skin fold test is used to measure body composition.

2. **Flexibility** - Flexibility is the range of movement through which a joint of
   sequence of joints can move.
   The sit & reach test is used to measure flexibility of lower back and hamstrings.

3. **Muscular Strength** - Strength is the ability of muscles to exert force.
   Pull-ups or flexed arm hang is used to measure arm and shoulder strength.

4. **Muscular Endurance** - Muscular endurance is the ability to exert force over an
   extended period.
   Curl-ups are used to measure abdominal endurance.

5. **Cardiovascular Endurance** - Cardiovascular endurance is the ability of the
   heart, the blood vessels, and the respiratory system to deliver oxygen efficiently
   over an extended period of time.
   The mile (run/walk) is used to measure cardiovascular endurance.

*Presidential/National Physical Fitness Award

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For Coach Lopez’s class