

Fitness Component Connection

In the following activity fill in the blanks with one health-related fitness component and/or one skill-related fitness component. Your answer may include one or more of each.

Activity or Exercise	Major Health-Related Fitness Component(s)	Major Skill-Related Fitness Component(s)
Example: Arm curls (high resistance low repetition)	Muscular strength	Power
Cross-country skiing		
Goalie in hockey		
Soccer (70-minute game)		
Juggling		
Push-ups		
Sprinting for the bus		
Leg press (squat)		
Working with an exercise ball		
Your choice:		