

Health Match Up

Match up the following health-related fitness component with the appropriate definition.

Health-Related Fitness Component

- A. Cardiovascular endurance
- B. Muscular strength
- C. Muscular endurance
- D. Flexibility
- E. Body composition

Definition

1. The range and ease of movement of a joint (limited by bone, muscles, ligaments, tendons, and the bone-joint capsule). _____
2. The ability of the heart, blood vessels, and lungs to provide the working muscles with adequate oxygen during prolonged activity (also called aerobic endurance or capacity).

3. The individual's body fat and lean (non fat) body mass which includes muscle, bone and other tissue. _____
4. The amount of force that can be exerted by a muscle or group of muscles in a single effort. _____
5. The ability of a muscle or group of muscles to exert force over an extended period of time without incurring fatigue. _____