**Physical Education Medical Assignment**

**Fitness- Health Related Components**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Day: \_\_\_\_\_\_\_ Period: \_\_\_\_\_\_

Define and explain-

1. Flexibility-

 Why is it important-

 How can you improve it-

1. Cardiovascular endurance-

Why is it important-

How can you improve it-

1. Muscular Strength-

Why is it important-

How can you improve it-

1. Muscular Endurance-

Why is it important-

How can you improve it-

1. Resting heart rate-
2. Target heart rate-
3. Body Composition-
4. What are the 5 components of health related fitness, and how do they play an important role in total wellbeing?

-Write two complete paragraphs to answer this question.