Health Components of Fitness - 1. List Each Component. 2. Describe and define each component 3. Provide several examples for each component. 4. Describe exercises you can do to improve each component.

Component #1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
Definition/Description:   
   
   
Examples:   
   
   
Sample Exercises: 

Component #2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
Definition/Description:   
   
   
Examples:   
   
   
Sample Exercises: 

Component #3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
Definition/Description:   
   
   
Examples:   
   
   
Sample Exercises: 

Component #4: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
Definition/Description:   
   
   
Examples:   
   
   
Sample Exercises: 

Component #5: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
Definition/Description:   
   
   
Examples:   
   
   
Sample Exercises:   
   
   
 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

List the 6 skill related components of fitness

1.

2.

3.

4.

5.

6.