COMPONENTS OF FITNESS WEBQUEST

Go To: <http://www.askthetrainer.com/5-components-of-physical-fitness/>

1. What (picture/diagram) did they use to help define/describe physical fitness?

1. How did they interpret/define physical fitness using that picture/diagram?
2. List 2 reasons whey cardiovascular endurance is important.
3. Define Muscular Strength.
4. What other components of fitness could be negatively affected if you have poor muscular strength?
5. What are the two differences between muscular strength and muscular endurance?
6. Poor flexibility will most likely lead to what?
7. To positively affect your body composition you must do what in relation to each of the components of fitness.
8. How do you know which component of fitness is most important?
9. What have we done this year to allow you to determine what components of fitness are important to you?