

**Health - A state of complete physical, mental and social wellbeing.**

**Physical Activity - Any movement of the body that increases energy expenditure above resting level. Examples of physical activity can be jogging, teams sports such as wheelchair basketball, football, dance, kabaddi.**

**Benefits of physical activity – Strengthens bones, improves sleep, improves posture, relieves stress, improves body shape, reduces anxiety, boosts immune system and aids concentration.**

**Fitness – An ability to meet the demands of an environment.**

***Components of fitness***

**Health related components of fitness:**

***Body composition:* Body Composition is the distribution of fat mass and muscle mass an individual has in the body. This makes up total body weight and is generally displayed as a percentage of your body weight. Its measurement in sport and physical activity, as well as health is important.**

***Flexibility:* is the amount or range of movement that you can have around a joint.**

***Cardiovascular endurance:* The ability to perform longer periods of exercise at higher intensity. The better the cardiovascular endurance, the more oxygen can be transported around your body for your muscles to use.**

***Muscular endurance:* the ability to repeatedly use muscles for long periods of time before fatigue.**

***Muscular strength:* This is the maximal amount of force against a resistance that a muscle or muscle group can exert in one contraction.**

**Skill related components of fitness:**

***Agility*: is the ability to control the movement of the body or a part of the body to be able to change your body position quickly.**

***Reaction time:* is the time it takes a performer to move in response to a stimulus.**

**For example, a tennis player reacting to an opponents serve.**

***Balance:* Balance is the ability to keep your centre of mass over a base of support. It controls postural alignment and helps the body move more efficiently.**

***Co-ordination:* is the ability to use many body parts together.**

***Power:* Power acts as the foundation for dynamic movement and generates rapid force. Power enables the performer to perform actions that require both strength and speed.**

**Power = Strength x Speed**

***Speed: Speed enables the performer to move the body quickly.***

**NCFE – Content Area 3**

**Sport**