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| Physical Fitness Components |
| Skill Related ComponentsA.B.C-P.A.R.T.S | Health Related ComponentsB.C.F. M&M |
| * Agility
 | * Body Composition
 |
| * Balance
 | * Cardio Respiratory Endurance
 |
| * Coordination
 | * Flexibility
 |
| * Power
 | * Muscular Endurance
 |
| * Action
 | * Muscular Strength
 |
| * Reaction Time
 |  |
| * Speed
 |  |

One can improve Skill and Health Related Physical Fitness Components by implementing the following Principles of Fitness:

S.P.O.R.T

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| Specificity:  |
| Progression: |
| Overload: |
| Regularity: |
| True Individuality: |

One can safely achieve SPORT Principles of Fitness by changing the following aspects of their exercise or activity routine:

F.I.T.T

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| --- |
| Frequency: |
| Intensity: |
| Time: |
| Type: |