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| Physical Fitness Components | |
| Skill Related Components  A.B.C-P.A.R.T.S | Health Related Components  B.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: |