

Director of Fitness and

Performance testing:

Dr. Jacquelyn Zera

Ph.D., ACSM EP-C

1 John Carroll Blvd.,

University Heights, OH 44118

www.jcu.edu

## **What is Fitness?**

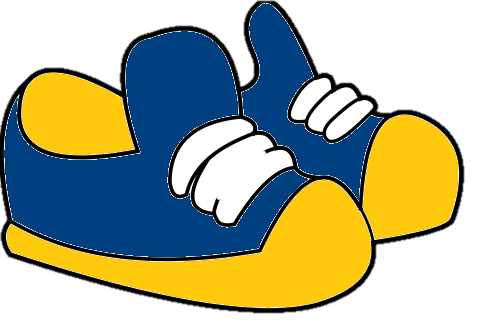
Exercise

* ***Fitness is the ability to perform occupational, recreational, and daily activities without becoming unduly fatigued.***

* Fitness is important in maintaining a healthy and active lifestyle.
* 5 Components of Physical Fitness:
* **Cardiorespiratory Endurance**
* **Body Weight and Body Composition**
* **Muscular Strength**
* **Muscular Endurance**
* **Flexibility**



**Just For The Health Of It!**



Exercise Science Laboratory

**Department of Exercise Science and Sports Studies**





**Components** **of an Exercise Program**

F

I

T

T

V

P

1. **Body Composition**

* Thefat and fat-free mass (muscle, water, bone, and internal organs) making up the body
* **Assessment**: Body Mass Index (BMI), circumferences, skinfolds, and Bioelectrical Impedance (BIA)

**2. Muscular Strength**

* External force that can be generated by a specific muscle group
* **Assessment:** 1 Repetition Maximum

(1-RM)

**3. Muscular Endurance**

* Ability of a muscle group to execute repeated muscle actions over a period of time sufficient to cause muscular fatigue
* **Assessment:** push-up an curl up test

**4. Flexibility**

* Ability to move a joint through its complete range of motion
* **Assessment:** sit and reach

**5. Cardiorespiratory Fitness**

* Ability to perform dynamic exercise involving large muscle groups at moderate to high intensity for prolonged periods
* **Assessment:** Maximum Oxygen Uptake (VO2 Max)- *the capacity of the heart, lungs, and blood to deliver oxygen to the working muscles.*

**Five Components of Fitness**

olume

rogression

ype

ime

ntensity

requency

Exercise can**:**

* **Increase longevity**
* **Decrease risk of cardiovascular disease**
* **Decrease risk of diabetes and certain cancers**
* **Improve bone density**
* **Regulates body fat (**increased weight loss and reduced weight regain
* **Improve psychological health** (reduction in depression and cognitive decline)
* **Improve Aging** (greater ability to perform daily activities with decreased risk of falling)

**Why is Exercise Important?**