



UNIT 5: THE FIVE COMPONENTS OF HEALTH RELATED FITNESS.

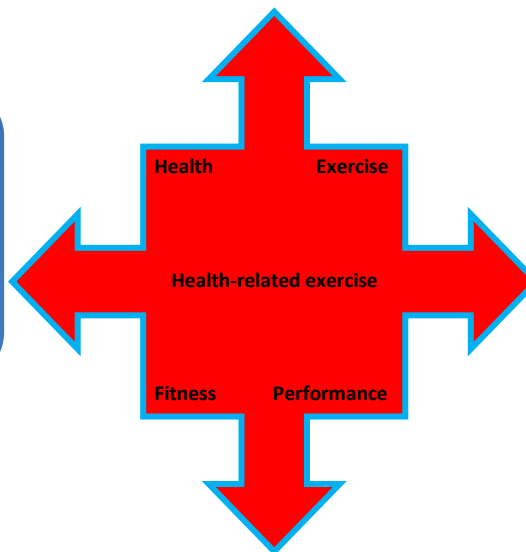
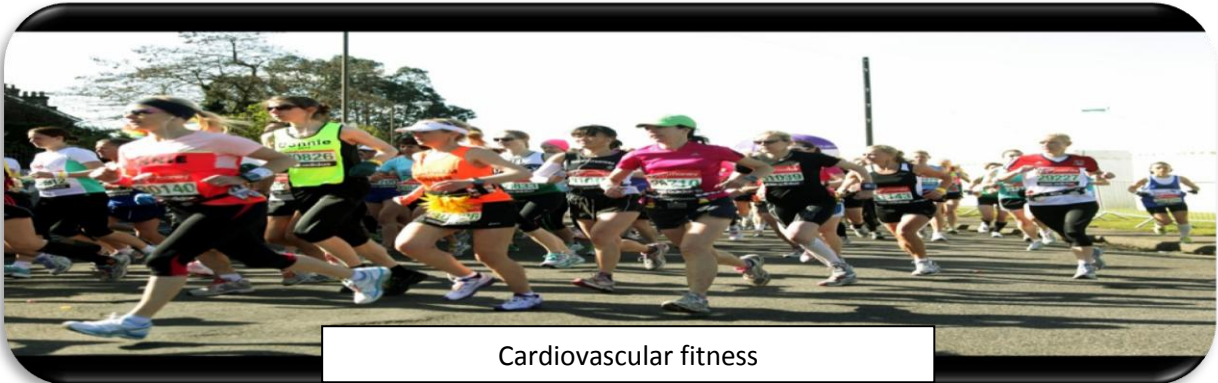
1. *Cardiovascular fitness.*
2. *Muscular strength.*
3. *Muscular endurance.*
4. *Flexibility or suppleness.*
5. *Vocabulary.*
6. **Key words:**
cardiovascular fitness,
strength, endurance.
suppleness, lungs,
vessels, rowing, enables,
weightlifting, scrum,
dumbbells, neglect, daily
chores, push ups, sit ups.

OBJECTIVES:

By the end of this section students should:

- Know and understand the components of health related fitness:
 - Cardiovascular fitness.
 - Muscular strength.
 - Muscular endurance.
 - Flexibility or suppleness.





In the unit 2, we have learnt the four definitions of health, fitness, exercise and performance. To enhance fitness and performance we need to develop four components: **cardiovascular fitness, muscular strength, muscular endurance and flexibility.**

These components help us to stay physically fit and healthy. In this unit you must understand these terms, and be able to explain, apply and describe them.



1. CARDIOVASCULAR FITNESS.

The ability to exercise the entire body for long periods of time.

It describes the efficiency of the heart, **lungs** and blood **vessels** to deliver oxygen to the muscles. For this reason cardiovascular system has a narrow relation with the cardiovascular and respiratory system.

It enables people to follow a healthy, active lifestyle avoiding fatigue and to continue to take part in sports.

Cardiovascular fitness allows athletes to play long hard matches in football, rugby, handball and many others sports.

It can be improved with activities such as running, cycling, skating, **rowing**, walking and always keeping the activity over 5 minutes and with low intensity.



Runners doing the marathon

2. MUSCULAR STRENGTH.

The amount of force a muscle can do against a resistance.

It **enables** the lifting of very heavy weights. It is important if work or a particular sport requires high needs of force, for instance **weightlifting** or in the rugby match when players are pushing against each other in the **scrum**.

Muscular strength can be developing by lifting weights, **dumbbells** with few repetitions or by high intensity strength work.



Rugby players in the scrum



Weightlifter performing in a competition



3. MUSCULAR ENDURANCE.

The ability to use the voluntary muscles many times without getting tired.

It enables muscles to be exercised repeatedly without getting tired, for example in activities such as running and swimming.

It is necessary for many sports and physical activities. Some form of training to improve this area of fitness, for instance circuit trainings, includes exercises like **push-ups** or **sit-ups** to develop this component.



Rowing team during a boat race

Muscular endurance is often associated with games such as tennis which take a long time and require strong shots at the end of the game as well as at the beginning.

In the everyday life, muscular endurance is also pretty important, therefore, doing the **daily chores** or working in the garden are obvious examples.

4. FLEXIBILITY OR SUPPLENESS.

The range of movement possible at a joint.

Flexibility is without a doubt the most neglected fitness component. People only realize about its importance when they are not able to bend down easily to **tie** their **shoelaces**.

It has an important role in sport and in everyday life as well. It is most often demonstrated by athletes such as gymnast, but those who play racket games such as badminton also need to be flexible.





5. VOCABULARY.

- **Daily chores:** faena *f*, tarea *f*; (pej) tarea *f* rutinaria, tareas domesticas.
- **Dumbbells:** ['dʌmbel], mancuerna, pesa.
- **Enable:** [ɪ'neɪbl], posibilitar, permitir.
- **Lungs:** [lʌŋ], pulmones.
- **Neglect:** [nɪ'glekt], descuidar, abandonar.
- **Rowing:** ['rəʊɪŋ], remo.
- **Scrum:** [skrʌm] melé (rugby).
- **Shoelace:** ['ʃuːleɪs] cordón.
- **Tie:** [taɪ] atar.
- **Vessels:** ['vesl] vaso sanguíneo.
- **Weightlifting:** ['weɪtˌlɪftɪŋ] levantamiento de pesas, halterofilia.