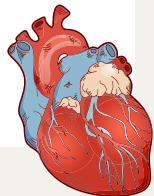



Components of Fitness



Component of Fitness	Definition	Sporting Example	How to Train Component
Speed			
Power			
Aerobic Endurance			



Component of Fitness	Definition	Sporting Example	How to Train Component
Muscular Endurance 			
Strength			
Agility			
Reaction Time			



Component of Fitness	Definition	Sporting Example	How to Train Component
Body Composition			
Flexibility			
Co-ordination			
Balance			