FITNESS ELEMENTS

Health Related Skill Related

1. Cardio Vascular Fitness 1. Coordination
2. Muscular Strength 2. Agility
3. Muscular Endurance 3. Reaction Time
4. Flexibility 4. Power
5. Body Composition 5. Speed

6. Balance

11~ FITNESS ELEMENTS

6 ~Skill Related 5~Health Related

Coordination Cardio Vascular Fitness

Agility Muscular Strength

Reaction Time Muscular Endurance

Power Flexibility

Speed Body Composition

Balance