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USP42
Principles of health and fitness

Learning Outcome 3

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Learning Outcome 3:

Know the components of fitness

Learning Outcome 3: Know the components of fitness

At the end of this learning outcome, you will be able to:

a) Define the health-related components of fitness

b) Define the skills related components of fitness

c) Identify the factors that affect health and skill related fitness

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The following slides are presented by section, a, b & c

a. Define the health-related components of fitness

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a. Define the health-related components of fitness

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- Cardiovascular Endurance
- Muscular Endurance
- Muscular Strength
- Flexibility
- Body Composition



b. Define the skills related components of fitness

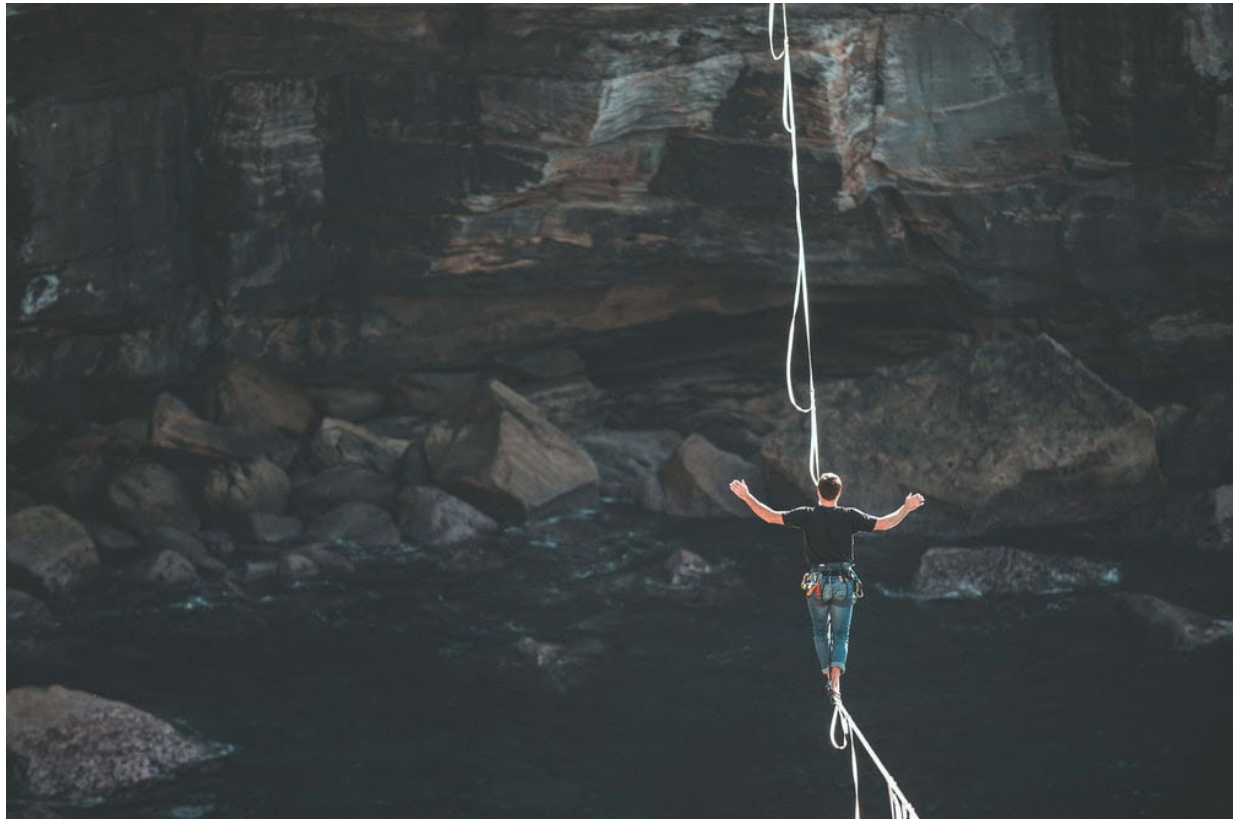
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b. Define the skills related components of fitness

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- Speed
- Muscular power
- Agility
- Balance
- Co-ordination
- Reaction Time



c. Identify the factors that affect health and skill related fitness

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c. Identify the factors that affect health and skill related fitness

- Genetics
- Gender
- Age
- Body type
- Training status
- Lifestyle factors
    - Drugs
    - Nutrition
    - Alcohol
    - Smoking
    - Rest
    - Stress



What next?

- **All sections** of learning outcome 3 for unit USP42 will be assessed in through portfolio evidence.

- Refer to your VTCT Level 3 Diploma in Sports Massage Therapy learner record of assessment handbook for direction.

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