

# My Fitness Gram

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**Directions:** You will be creating a slideshow presentation for the Fitness Gram (Physical Fitness) fitness test. This slideshow would be used to explain the various parts of the physical fitness test. Below you will find definitions for each of the components of the fitness test to help you complete your slideshow.

## **COMPONENTS OF PHYSICAL FITNESS:**

- Physical Fitness: The ability to perform daily physical activities without getting out of breath, sore, or overly tired.
- Cardiorespiratory Endurance: Show how well your heart, circulatory system, and respiratory system work together over a long period of time.
- Muscular Strength: The amount of power a muscle can produce.
- Muscular Endurance: A muscle's ability to produce power for a long period of time.
- Flexibility: The ability of the joints to move through their full range of motion.
- Body Composition: Shows the relative amounts of fat body mass to lean body mass.

**PLEASE NOTE:** The directions for completing the "My Fitness Gram Booklet" are located on the back.

# My Fitness Gram Slideshow

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**Directions:** At the beginning of the semester we briefly discussed the Five Components of Physical Fitness. The information below will help you complete this assignment. Your job is to create an informational slideshow about the Five Components of Physical Fitness. Follow the directions exactly as written. Use the outline below to help you develop and create your slideshow. (NOTE: Pictures are encouraged!!)

1. **Slide 1:** Title of Your Booklet
  - Your Name
  - Today's Date
2. **Slide 2 - 3:** Physical Fitness
  - Page Title: Physical Fitness
  - Definition: Provide an explanation of what physical fitness is.
  - Explain why daily physical fitness is so important.
  - Provide an explanation of what could happen to a person if he/she does not participate in daily physical activity.
  - Explain what types of physical activities you like to participate in.
3. **Slide 4 - 5:** Muscular Endurance
  - Page Title: Muscular Endurance
  - Definition: Provide an explanation of what the component means.
  - Exercises: Give 3 exercises which can be used to improve this component.
  - Goal: Develop a fitness goal for yourself relating to this component.
4. **Slide 6 - 7:** Muscular Strength.
  - Page Title: Muscular Strength
  - Definition: Provide an explanation of what the component means.
  - Exercises: Give 3 exercises which can be used to improve this component.
  - Goal: Develop a fitness goal for yourself relating to this component.
5. **Slide 8 - 9:** Flexibility
  - Page Title: Flexibility
  - Definition: Provide an explanation of what the component means.
  - Exercises: Give 3 exercises which can be used to improve this component.
  - Goal: Develop a fitness goal for yourself relating to this component.
6. **Slide 10 - 11:** Cardiorespiratory Endurance
  - Page Title: Cardiorespiratory Endurance
  - Definition: Provide an explanation of what the component means.
  - Exercises: Give 3 exercises which can be used to improve this component.
  - Goal: Develop a fitness goal for yourself relating to this component.
7. **Slide 12 - 13:** Body Composition
  - Page Title: Composition
  - Definition: Provide an explanation of what the component means.
  - Exercises: Give 2 examples of what you can do to improve in this component area.
  - Goal: Develop a fitness goal for yourself relating to this component.