# FITNESS FOR LIFE

**FRAYER MODEL WORDS**

**Quarter 1 & 3**

**STUDY GUIDE**

1. A condition in which an individual has sufficient energy to avoid fatigue and enjoy life.

**Fitness**

1. The ability to change and control the direction and position of the body while maintain a constant, rapid motion.

**Agility**

1. The ability to use the senses together with body parts during movement.

**Coordination**

1. The ability to control or stabilize the body when a person is standing still or moving.

**Balance**

1. Ability to move quickly your body or parts of your body swiftly.

**Speed**

1. The ability to move a body part through a full range of motion at a joint.

**Flexibility**

1. The ability of the muscle to work an extended period of time without fatigue, developed by lifting lightweights many times.

. **Muscular Endurance**

1. Maximum amount of force a muscle can exert against an opposing force, developed by lifting heavy weights a few times.

**Muscular Strength**

1. Ability to do activities using the heart muscle and circulatory system to supply oxygen to muscles for an extended periods of time.

**Cardiorespiratory Fitness**

1. The ratio of body fat to lean body mass (including water, bone, muscle, and connective tissue).

**Body Composition**