

Health Components (5)

List & Define

Skill Components (6)

List & Define

Test Protocol

<u>Fitness Test</u>	<u>Purpose</u>	<u>Protocol</u>
12 Cooper run/swim		
Harvard step		
Hand grip		
1 Minute press up		
1 Minute sit up		
Sit and reach		
30m sprint		
Illinois Agility Run		
Vertical jump		

Components of Fitness & HEFP Revision Sheet

Questions

What is the difference between quantitative and qualitative data?

Definition of health?

Definition of Exercise?

Definition of Fitness?

Definition of performance?

What is a hypokinetic disease?