

NAME \_\_\_\_\_

Period \_\_\_\_\_

**Fitness Guidelines**

- F. \_\_\_\_\_
- I. \_\_\_\_\_
- T. \_\_\_\_\_
- T. \_\_\_\_\_

In a five paragraph essay, explain what is meant by "Total Fitness and how it is achieved, please include all of the components and principals of fitness.

**Total Fitness**

**Health Related Fitness Components**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

**Skill Related Fitness Components**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_

**Fitness Guidelines**

- O. \_\_\_\_\_
- P. \_\_\_\_\_
- S. \_\_\_\_\_
- R. \_\_\_\_\_
- I. \_\_\_\_\_

Paragraph 1 – Introduction  
 Paragraph 2 - \_\_\_\_\_  
 Paragraph 3 - \_\_\_\_\_  
 Paragraph 4 - \_\_\_\_\_  
 Paragraph 5 - Conclusion