

Fitness for Life
Chapter One – Lifelong Fitness, Health and Wellness
Homework Assignment

1. Define the term HEALTH -

2. Define the term WELLNESS -

3. Define the term PHYSICAL FITNESS -

4. Name the Six (6) Components of HEALTH-RELATED PHYSICAL FITNESS -

5. Name the Five (5) Components of SKILL-RELATED PHYSICAL FITNESS -

6. Write down your favorite physical activity. Using the list you created for question four (4), what do you believe are the two most important health-related physical fitness components for your favorite activity. Provide a brief explanation for each below -

7. Read over the guidelines in the Self-Management feature in Chapter One. List three (3) guidelines below that seem most important to you -
