

Cardiovascular/Aerobic Fitness

Also known as **stamina**, this is the capacity of the heart and circulatory system to meet the demands of sustained activity. It develops as a result of long term training. It **increases the size of the heart** which then allows it to pump more blood around the body, **lowering your resting heart rate**.

Muscular endurance

This is the capacity of the **muscles to perform contractions at near maximum levels for an extended period**. Muscles depend on the lactic acid system being efficient enough to keep levels below the amount at which they would become **fatigued**.

Strength

*The maximum force that can be developed within a muscle or group of muscles during a single maximal contraction**. **A single all out effort**. Refers to movements that require effort.

*if asked in an exam for the definition of strength or any question alike to this that the sentence in italics would be the perfect answer.

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