**5 Components of Physical Fitness**

1. Provide at least 2 activities performed in class that targeted each component of physical fitness:

Muscular Strength:



Muscular Endurance:



Cardiovascular Endurance:



Flexibility:



Body Composition:



1. Pick 1 component of physical fitness. Provide a personal reflection and evidence that supports improvement in that component of physical fitness over the course.
2. Provide a personal plan on how you will continue to improve and maintain your physical fitness after this course.