

Class 9 - Physical Education and Well Being

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Fitness and its Components

CBSE NOTES

Fitness and its Components - Revision Guide

Revise faster with structured summaries, key points, and important ideas.



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1. Definition of Fitness

Fitness is the body's ability to perform efficiently in daily activities without fatigue.

2. Types of Fitness

Includes Health-related Fitness, which maintains health, and Skill-related Fitness for sports.

3. Cardiovascular Endurance

It's the heart and lungs' ability to deliver oxygen during prolonged activity, like running.

4. Muscular Strength

The capacity of muscles to exert force against resistance, essential for lifting and pushing.

5. Muscular Endurance

The ability of muscles to perform repetitive actions over time, like cycling and sit-ups.

6. Flexibility Defined

The range of motion in joints; improved through stretching activities like yoga and dance.



7. Body Composition

Refers to the ratio of fat, muscle, and bone, crucial for overall health and fitness.

8. Understanding Speed

The ability to move quickly from one point to another; important in sports and daily life.

9. What is Agility?

The ability to change direction swiftly while maintaining balance, essential in sports.

10. Importance of Balance

Ability to maintain body position, vital for stability in movement and daily activities.

11. Role of Coordination

Smooth use of different body parts together; vital for tasks like sports and daily chores.

12. Power in Fitness

A blend of strength and speed; aids explosive movements like jumps in athletics.



13. Understanding Reaction Time

The speed of response to signals; important for safety and performance in various activities.

14. Real-world Application of Endurance

Good endurance helps in activities like running long distances and everyday tasks without fatigue.

15. Daily Life and Flexibility

Flexibility aids in activities like bending and stretching, enhancing overall mobility.

16. Health Benefits of Strength

Building strength helps in injury prevention and improves daily functional activities.

17. Fitness and Mental Health

Regular fitness activity enhances mood, reduces stress, and boosts concentration in school.

18. Skill-focused Fitness

Supports performance in sports, enhancing skills like throwing, catching, and agility.



19. The Importance of Daily Exercise

Consistent physical activity fosters good health and improves all fitness components.

20. Healthy Body Composition

Balanced diet and exercise maintain an ideal body composition, preventing diseases.

21. Calculate Body Mass Index (BMI)

Use weight and height to determine BMI; categorize into health ranges as per WHO guidelines.



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