

# COMPONENTS

**FITNESSGRAM**<sup>®</sup>  
The Cooper Institute

## Health-Related Fitness Components

### Aerobic Capacity



The ability to perform large-muscle, whole body exercise at a moderate to high intensity for extended periods of time.

### Flexibility

The range of motion available in a joint.



### Muscular Strength

The ability of muscles to exert maximal force in a single contraction.



### Body Composition

The relative percentage of muscles, fat, bone and other tissues that comprise the body.



### Muscular Endurance

The ability of muscles to exert themselves repeatedly.

