



**fitness** is defined simply as “an organisms ability to survive and reproduce in a given environment.” For our purposes, you are the organism, and the environment is Planet Earth. Physiologists have since broken fitness down into 10 key qualities\* that can be both measured and improved through training and practice. They are outlined below. A good life will place equal emphasis on the development of each of these qualities, creating a genuinely well-balanced athlete.

Welcome to *Physical Culture!*

<b>endurance</b>	the ability of body systems to process, gather, and deliver oxygen, specifically via the cardiovascular / respiratory systems (heart & lungs)
<b>stamina</b>	the ability of body systems to process, deliver, store and utilize energy
<b>strength</b>	the ability of a muscle, or combination of muscular units, to apply force
<b>flexibility</b>	the ability to maximize the range of motion (RoM) at a given joint
<b>power</b>	the ability of a muscular unit(s) to apply maximum force in minimum time
<b>speed</b>	the ability to minimize a time cycle of a repeated movement
<b>coordination</b>	the ability to combine several distinct movement patterns into a singular distinct and fluid motion
<b>agility</b>	the ability to minimize transition time from one movement to another
<b>balance</b>	the ability to control the placement of the body's center of gravity (CoG) in relation to its support base
<b>accuracy</b>	the ability to control movement in a given direction or at a given intensity

\*10 qualities originally articulated by Jim Crawley & Bruce Evans of Dynamax.