**Indicate yes or no to indicate which components of fitness are improved or maintained through badminton participation. Provide examples of how each component is addressed.**

**Health-Related Fitness**

|  |  |  |
| --- | --- | --- |
| **HRF Component** | **YES / NO ?** | **Examples/Rationale** |
| Cardiovascular Endurance |  |  |
| Muscular Strength |  |  |
| Muscular Endurance |  |  |
| Flexibility |  |  |
| Body Competition |  |  |

**Skill-Related Fitness**

|  |  |  |
| --- | --- | --- |
| **SRF Component** | **YES / NO ?** | Examples**/Rationale** |
| Agility |  |  |
| Balance |  |  |
| Coordination |  |  |
| Power |  |  |
| Reaction Time |  |  |
| Speed |  |  |

**Select 1 component of health-related fitness and provide a summary of how participation in badminton helped you improve or maintain your personal level of fitness for that specific component.**

**Select 1 component of skill-related fitness and provide a summary of how participation in badminton helped you improve or maintain your personal level of fitness for that specific skill-related component.**

**Using a 5-point scale, circle the response that represents how relevant you believe badminton will be to your long-term fitness and activity goals.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Not at all relevant | Minimally relevant | Somewhat relevant | Relevant | Extremely relevant |
| 1 | 2 | 3 | 4 | 5 |