

**FITNESS PORTFOLIO**

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 Composition		

**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  
1
- Minimally  
relevant  
2
- Somewhat  
relevant  
3
- Relevant  
4
- Extremely  
relevant  
5