

# Physical fitness and health in children and adolescents

**Dan Dragoş Crăciun<sup>1</sup>, Simona Tache<sup>2</sup>**

<sup>1</sup> *“Babeş-Bolyai” University, Cluj-Napoca, Faculty of Sport and Physical Education*

<sup>2</sup> *“Iuliu Haţieganu” University of Medicine and Pharmacy, Cluj-Napoca*

## **Abstract**

Health-related fitness components are: muscular strength (isotonic, isokinetic and isometric strength), muscular endurance (dynamic and static endurance), cardiovascular endurance (in aerobic and anaerobic exercise), joint flexibility and body composition. With common tests may be measured specific aspects of the components of health, related to fitness in children and adolescents. Physical fitness and health in children and adolescents must be assured and controlled as well by family, school teachers and physicians; they know the peculiarities of age and the somatometric and somatoscopic indices aiming to evaluate health, harmonious physical growth and biometric qualities necessary for primary and secondary selection in sport.

**Key words:** physical fitness, health, children, adolescents.