**Expository Writing**

You will be writing about one of the Health Related Fitness Components. This *Expository Writing* (a subject-oriented writing style, in which the main focus of the author is to tell you about a given topic or subject, and leave out their personal opinions) is to explain the importance of this particular component.

Below you will find the information necessary for the assignment. Your writing must be at least 2 pages long, APA format, plus a bibliography. Once the writing is completed, please print it out and turn it in to your teacher.

* The Health Related Fitness Component
* Definition of the component
* Benefits of the component (at least 3)
* Two FitnessGram Assessments that are used to assess this particular component and the directions on how to appropriately complete these assessments.
* Illnesses/Diseases prevented by this component