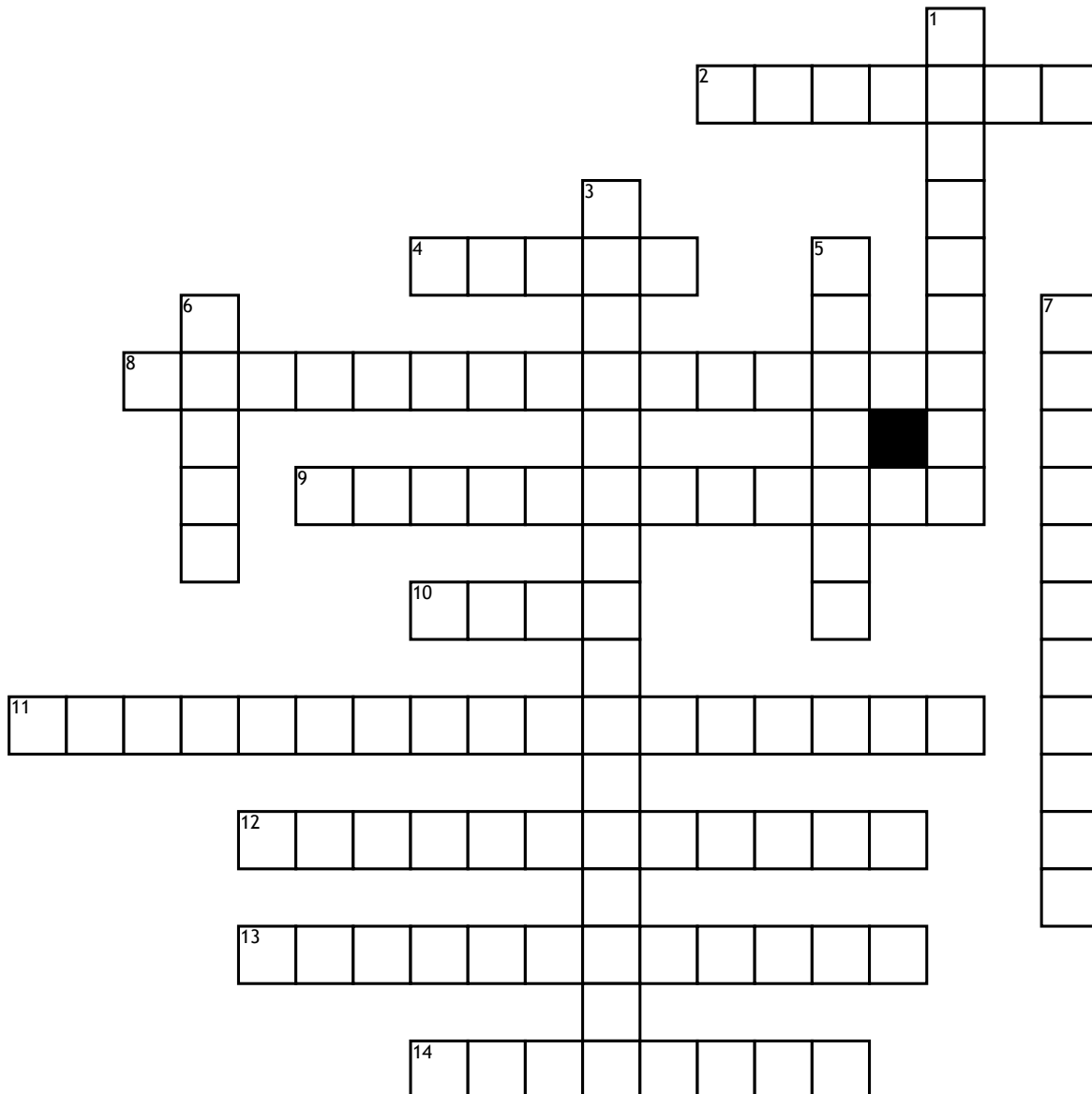


Aspects crossword



Across

2. the ability to maintain centre of mass over a base of support.
 4. distance divided by the time taken (m/s).
 8. the relative ratio of fat mass to fat-free mass (vital organs, muscle, bone) in the body.
 9. the time taken for a sports performer to respond to a stimulus and the initiation of their response.
 10. fastest you can run

11. the ability of the muscular system to work efficiently, where a
 12. getting faster over a distance
 13. the smooth flow of movement needed to perform a motor task efficiently and accurately.
 14. the maximum force (in kg or N) that can be generated by a muscle or muscle group.

Down

1. maintaining speed

3. the ability of the cardiorespiratory system to work efficiently,

5. the ability of a sports performer to quickly and precisely move or change direction without losing balance or time.

6. the product of strength and speed

7. having an adequate range of motion in all joints of the body;