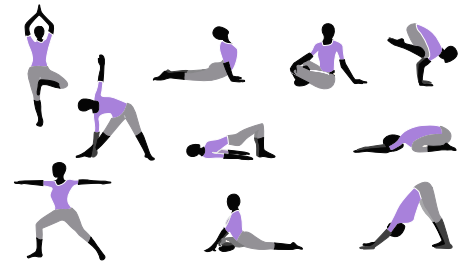
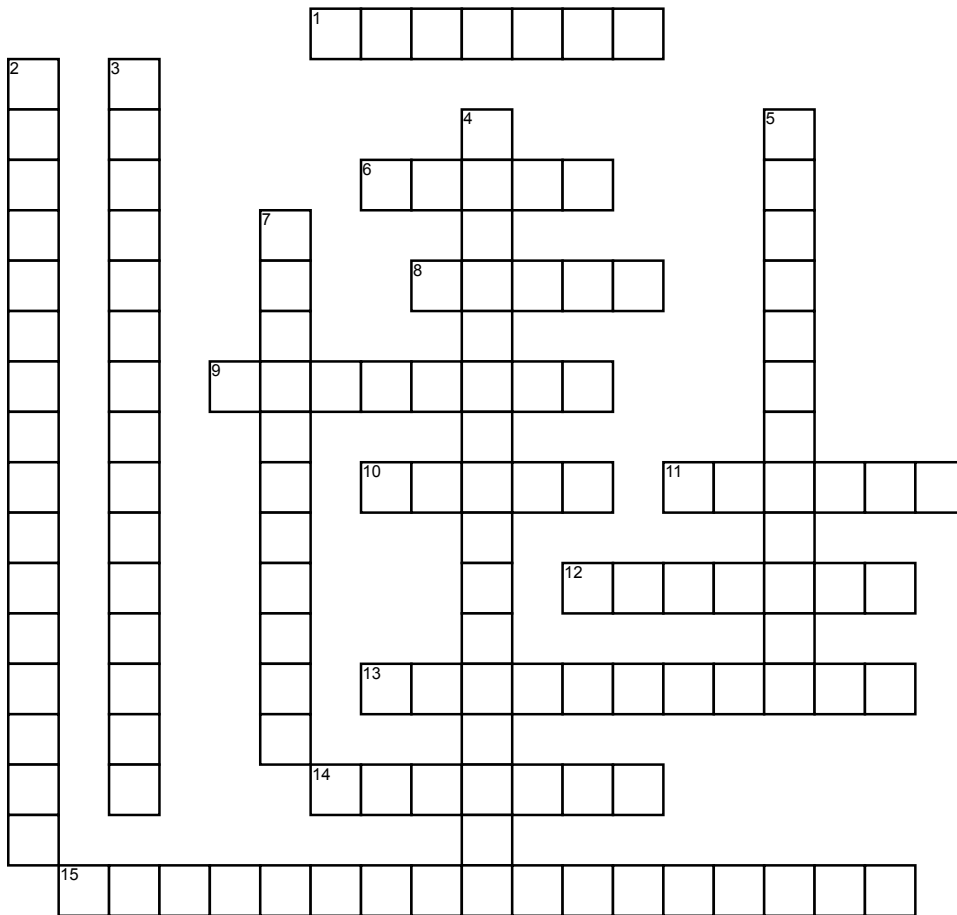


Name: _____

Date: _____

Components of Fitness



Across

1. The ability of the performer to retain their centre of mass over their base of support
6. The amount of time it takes for a performer to initiate movement after the presentation of a stimulus.
8. A combination of strength and speed – it is the ability to do strength performances quickly (power = strength × speed).
9. A form of physical activity done primarily to improve health and physical fitness

10. The rate at which a performer is able to perform a movement or cover a set distance.

11. A state of complete mental, physical and social well-being, and not merely the absence of disease or infirmity.

12. The ability of the performer to change the position of their body quickly, whilst keeping their entire body under control

13. How well a task is completed.

14. The ability to meet the demands of the environment.

15. The ability to use voluntary muscles many times without getting tired

Down

2. The amount of force a muscle can exert against a resistance.

3. The ratio of muscle, bone and fat in the body.

4. The ability to exercise the entire body for a long period of time. It relates to the efficiency of the heart and lungs.

5. The ability of the performer to move two or more body parts accurately and smoothly in response to stimuli from the senses.

7. The range of movement possible at a joint or series of joints.