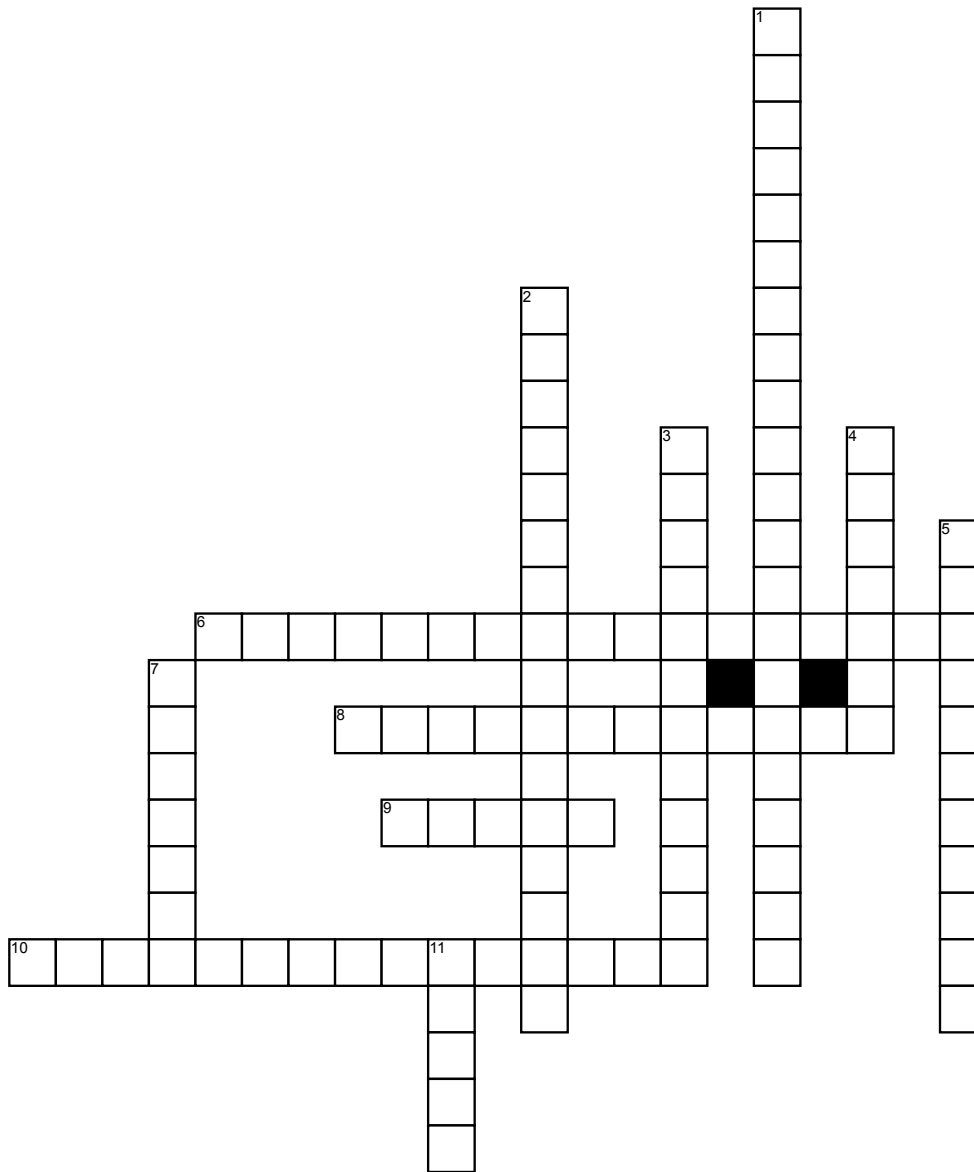


Components of Fitness



Across

- 6.** The ability to use voluntary muscles many times without becoming tired.
8. The time it takes to react to a stimulus.
9. The ability to use strength at speed.
10. The percentage of body weight which is fat, muscle or bone.

Down

- 1.** Ability to exercise the whole body for long periods of time and is sometimes called stamina
2. The amount of force a muscle can exert against a resistance.

- 3.** The ability to use two or more body parts together.
4. The ability to retain the centre of mass above the base of support when stationary or moving.
5. The range of movement possible at a joint.
7. The ability to change the position of the body quickly and with control.
11. The differential rate at which an individual is able to perform a movement or cover a distance in a period of time.