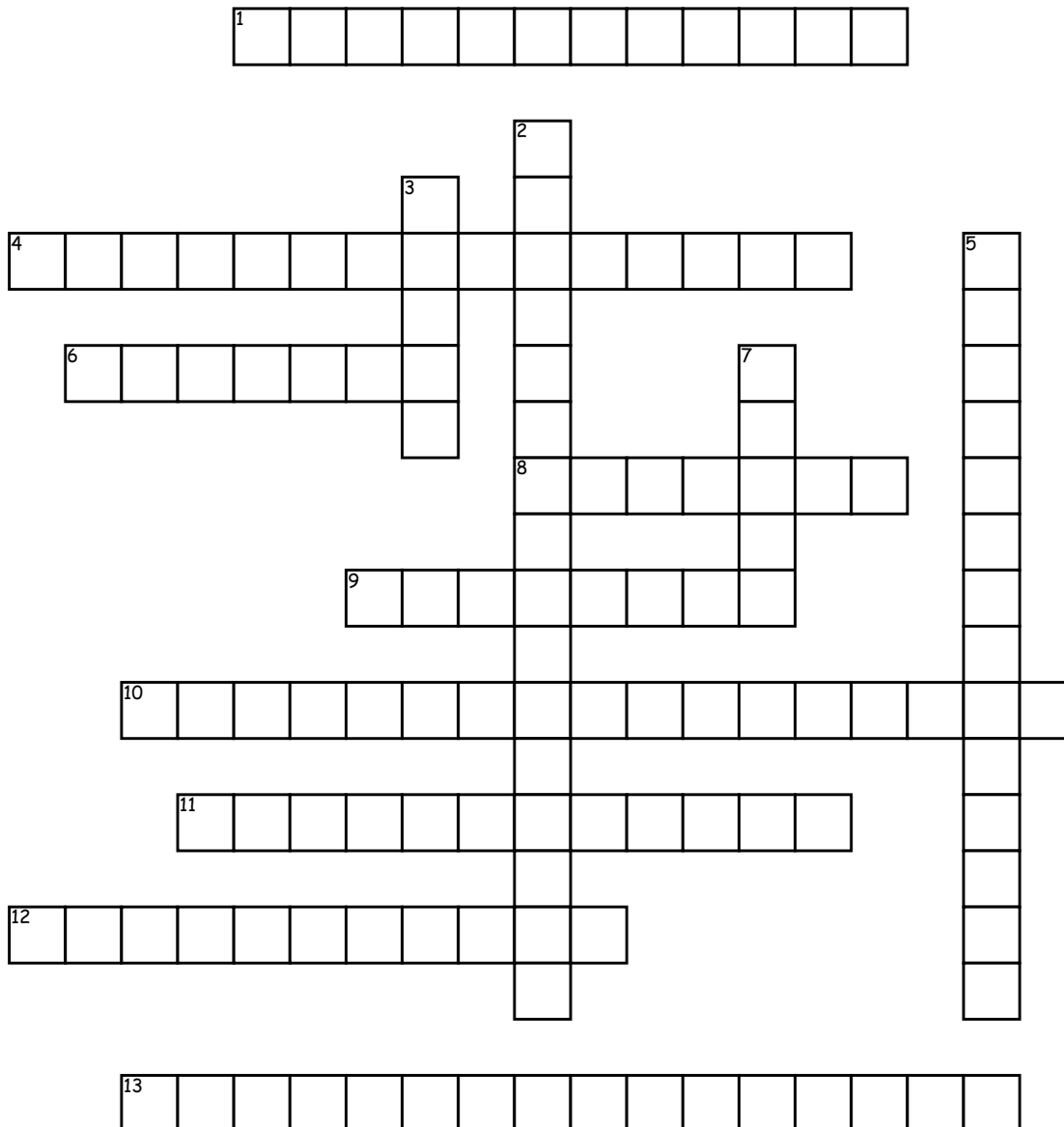


Components of Fitness



Across

- 1. This refer to how quickly you can respond to a stimulus.
- 4. This is a physical component of fitness that can be testing using BIA, BMI and skinfolds.
- 6. There are two types of this including static and dynamic.
- 8. This is used in many sports to weave in and out of players.
- 9. The category of components that can have a direct impact on health as well as performance.

- 10. This refers to the ability of your muscles to keep contracting over a prolonged period of time.
- 11. Every sport will need this in order to hit or kick a ball.
- 12. This can be tested using the sit and reach test.
- 13. This component of fitness is about how efficient the heart and lungs are at supplying the body with oxygen.

- 3. There are three types of this including accelerative, pure and endurance.
- 5. This can be tested using the vertical jump.
- 7. The category of components that can be very quickly improved, and are linked more to performance than health.

Down

- 2. This refers to the maximum amount of force that you can exert in one action.