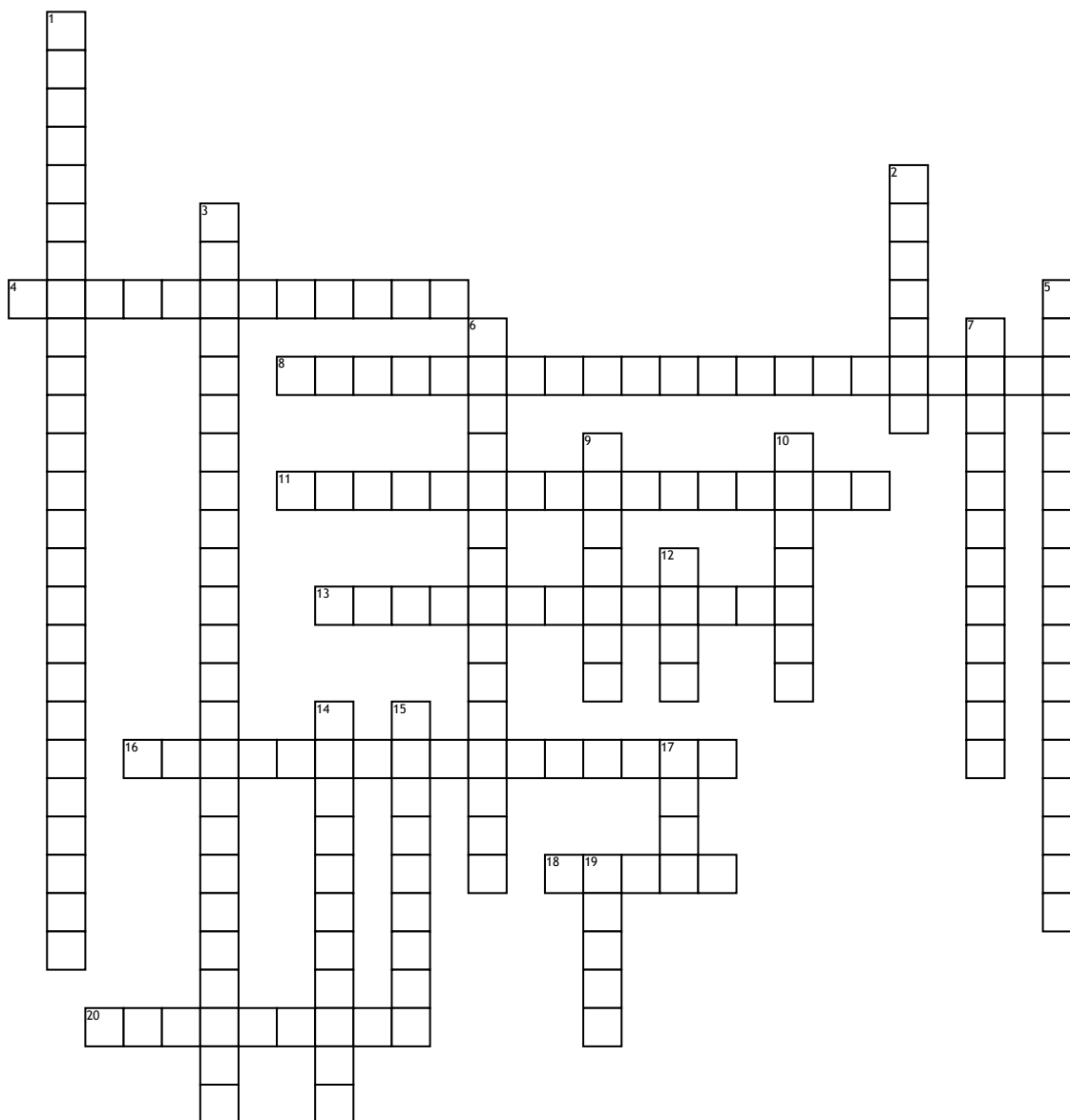


Name: _____

Date: _____

Components of Fitness Vocabulary



Across

4. the ability to use the senses together with body parts during movement.
8. the ability of the heart, lungs, and blood vessels to deliver an adequate supply of oxygen to working muscles
11. bodily movement that causes energy expenditure.
13. the principle used for monitoring an exercise program.
16. the maximum amount of force a muscle or muscle group can develop during a single contraction.
18. the ability to move your body quickly.
20. how hard the activity is performed.

Down

1. components that enable an individual to become and stay physically healthy.
2. the ability to change direction and position of the body while maintaining a constant, rapid motion
3. skills that will enhance an individual's performance in athletics.
5. the number of repeated contractions a muscle or muscle group can perform with resistance without fatigue.
6. the ratio of fat to muscle, bone, and other tissues within your body.
7. the ability of the body to respond quickly to what you hear, see, or feel.
9. the ability to control or stabilize the body when an individual is standing or moving.

10. the ability to perform moderate to vigorous levels of physical activity without fatigue
12. how long the activity is performed.
14. the ability to move a joint through its full range of motion
15. how many times per day or per week an activity is performed.
17. the mode of activity that is performed.
19. the ability to move the body while applying maximum force to a muscle group.