

Name: _____

Date: _____

Components of Fitness Wordsearch

N O I T A N I D R O O C L E X G E
G M Q M J Z J K W H I Y I V L H Y
S Q T Y T I L I B I X E L F V R R
G L X R E A C T I O N T I M E V U
M U S C U L A R E N D U R A N C E
V D Q A Y J U X W D B Y R T O J N
M A A A U P U Z A J A L R W P I W
C Q N C R Q U E Y J L J O P H P S
Q N P K D F C I R J A J Z I U V X
R L M T X S W I F Y N C T D C J G
N O I T I S O P M O C Y D O B D D
J R E W O P B E U E E L O S Q H E
E G V T L A T X O Q G G D E E P S
M U S C U L A R S T R E N G T H Z
Z M W E Y X W E G J T V R J V K E
K X T H P U H B O Y T I L I G A W
J E C N A R U D N E C I B O R E A

Muscular endurance

Aerobic endurance

Muscular strength

Body composition

Reaction time

Coordination

Flexibility

Balance

Agility

Power

Speed