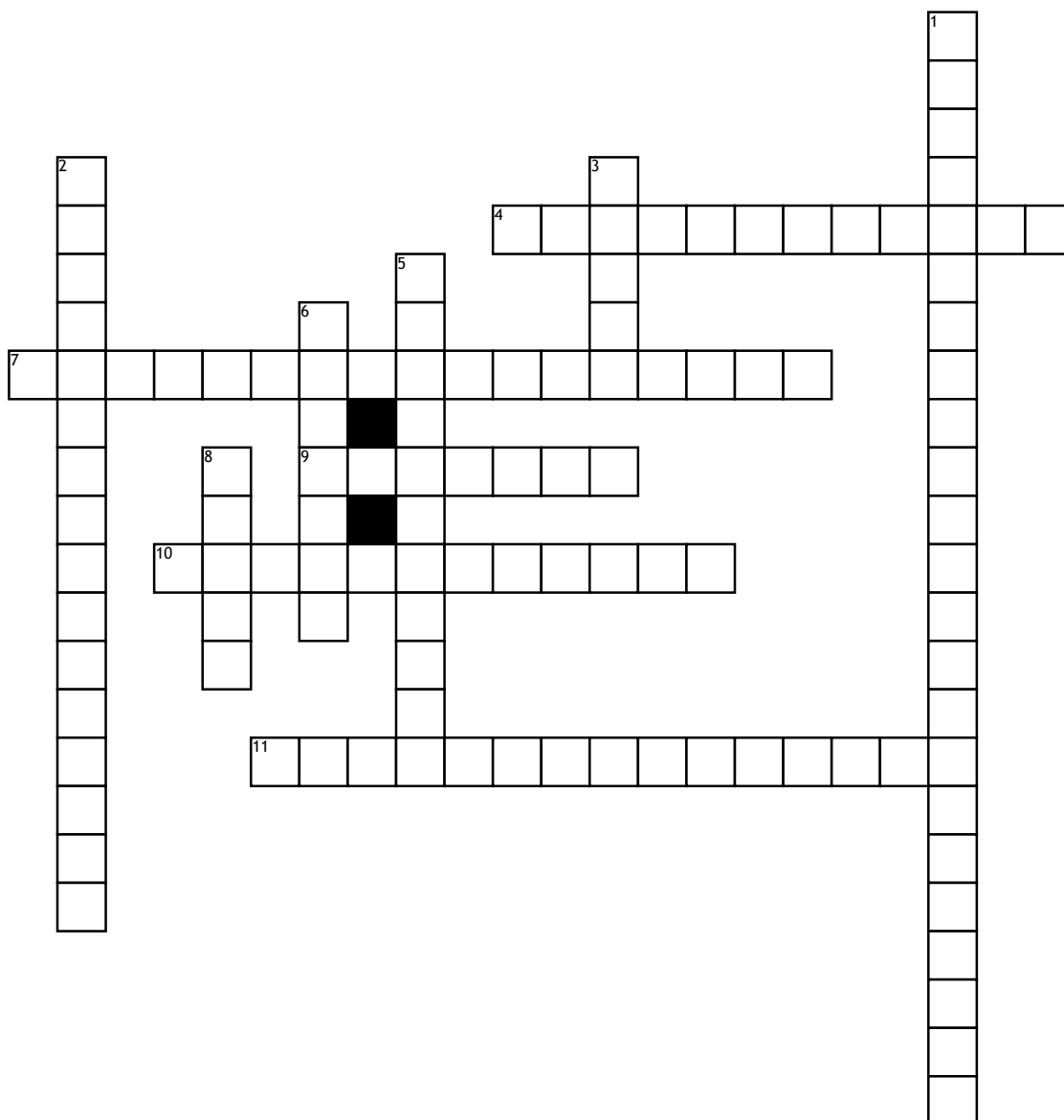


# Components of Fitness



## Across

4. The ability to use two or more body parts of the body together smoothly and effectively.
7. The ability to use the voluntary muscles many times without getting tired.
9. The ability to move and change direction at speed whilst maintaining control.
10. The time taken to initiate a stimulus from a response.
11. The percentage of body weight that is fat, muscle and bone

## Down

1. The ability of the heart, lungs, and blood to transport oxygen to the working muscles.
2. The amount of force a muscle can exert against a resistance.
3. The product of strength and speed.
5. The range of movement of a joint
6. The maintenance of a centre of mass over a base of support.
8. The rate at which an individual can perform a movement or cover a distance.