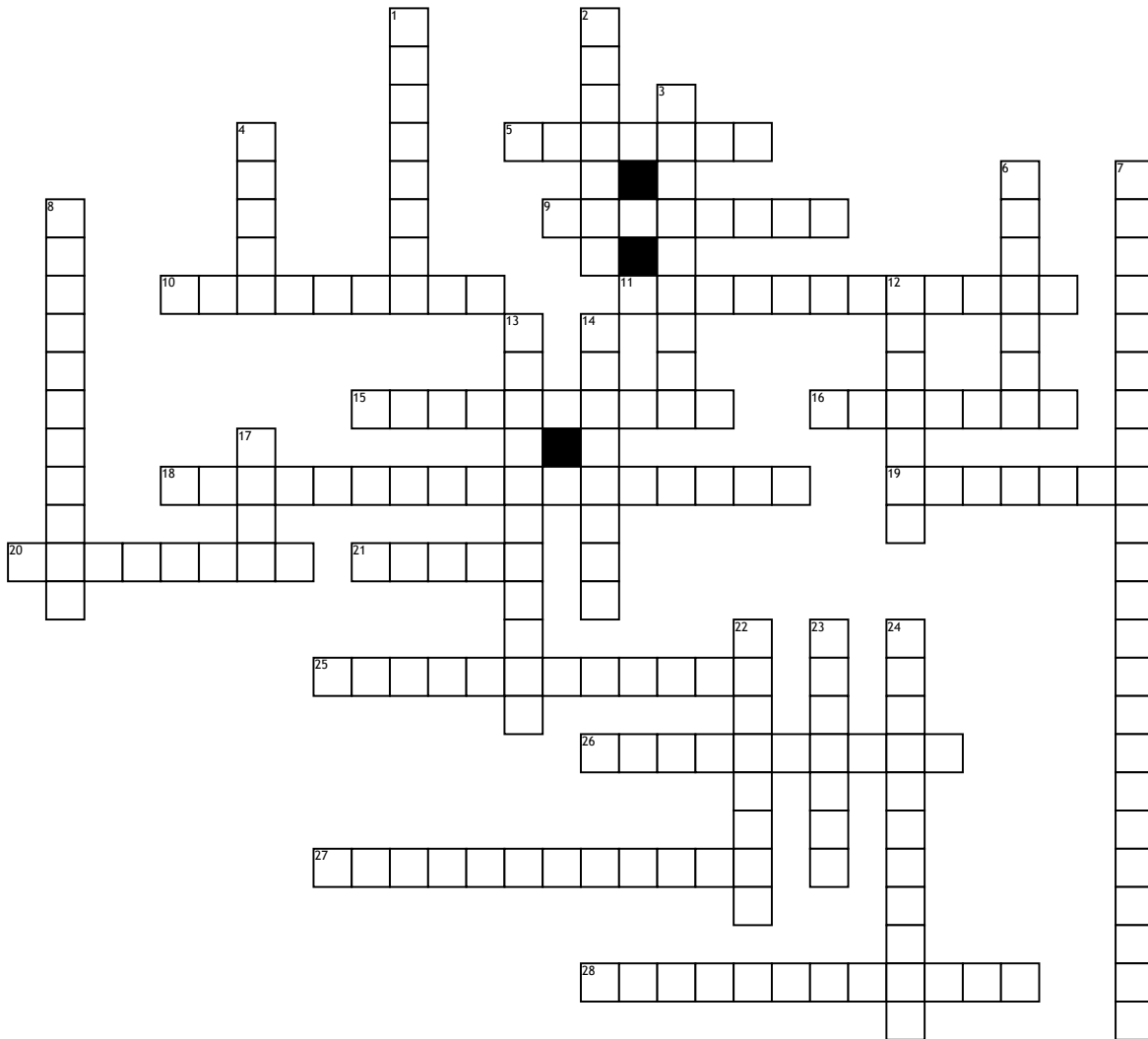


Name: _____ Date: _____

Components of Fitness



Across

5. Standing stalk test which component
9. Low repetition and high weight increases?
10. High repetition and low weight improves ?
11. The wall ball test, tests which component
15. If you have good strength and speed you will have what type of muscles
16. Ability to retain centre of mass over base of support =
18. A rower requires which component most ?
19. Having good flexibility means there is greater pliability of....
20. A long jumper will require a powerful take off, combining speed &
21. A high jumper needs which component the most?

25. What test would a basket baller use to measure power
26. If you have better endurance you can prevent...
27. A swimmer with show high levels of this component when starting a race
28. A footballer and lacrosse player both require this component to receive the ball more successfully

Down

1. What event would require a good level of cardiovascular endurance
2. Change of direction under speed and control describes which component
3. Oxygen debt occurs after respiration
4. What component is most important for a sprinter
6. Respiration is exercise with O₂

7. What is stamina also known as
8. Range of movement around a joint defines ?
12. Which component is most beneficial to a netballer
13. Identify a test that is appropriate for a dancer to test flexibility
14. Reaction time is amount of time it takes to initiate a movement after presentation of a
17. What is the test for cardiovascular endurance (4 letters)
22. What athlete is 30m sprint test most valid for?
23. If you are moving but remain under control, what type of balance is this?
24. Ensuring the same person, same distance/ surface is used increases the of the test