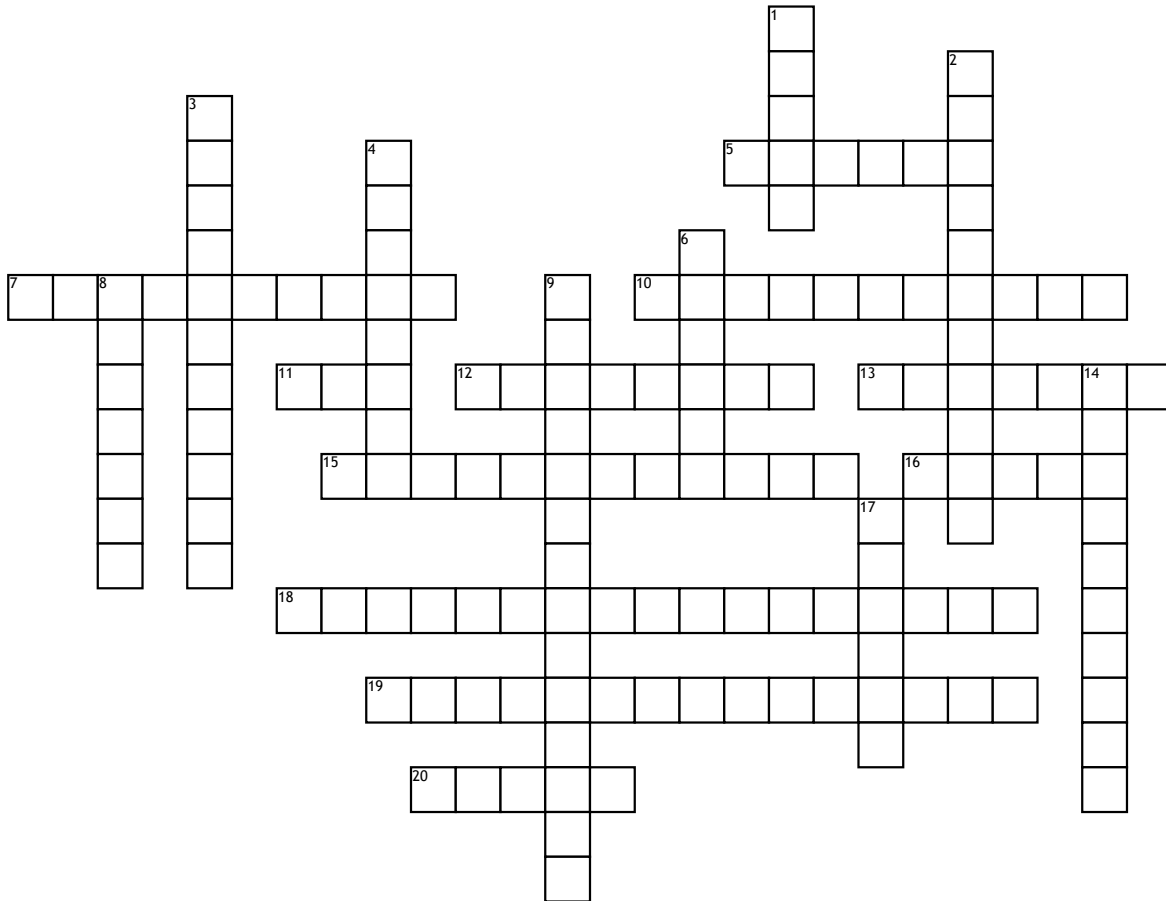


# Components of Health



## Across

5. \_\_\_\_\_ is another measure of body composition

7. Balance is the ability to control the body's position, either while \_\_\_\_\_ or moving

10. Skill Components of Fitness are also known as \_\_\_\_\_ Components

11. \_\_\_\_\_ is used as a measure of body composition

12. One repetition maximum is an example of what component?

13. The state of being physically sound and healthy

15. The time it takes for our brain to send messages in order to respond to a stimulus

16. The ability to exert maximum muscular contraction instantly in an explosive burst of movements

18. How long a muscle/group of muscles can work for without tiring

19. What our body is made up of

20. There are six \_\_\_\_\_ components of fitness

## Down

1. The quickness of a limb

2. Coordination is the skilful and effective \_\_\_\_\_ of movements

3. How bendy our body is

4. Physical Activity that is planned, structured and repeated to condition the body

6. \_\_\_\_\_ is a measure of body composition

8. Maximum muscular power in explosive bursts of movement

9. What type of endurance refers to the heart and lungs working for a long period of time?

14. Flexibility can be increased by \_\_\_\_\_

17. There are five \_\_\_\_\_ components of fitness