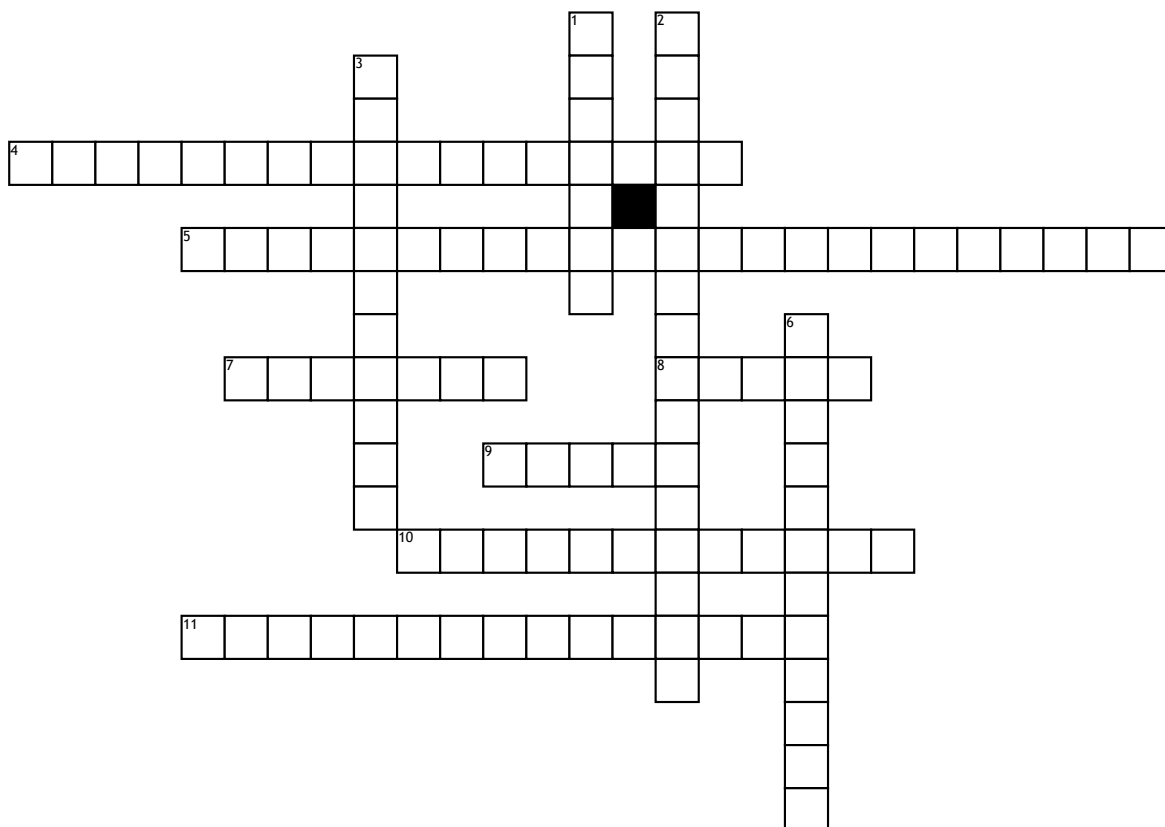


Name: _____ Date: _____ Period: _____

Components of Physical Fitness



Across

- 4. Your muscle ability to exert force repeatedly or for an extended period of time.
- 5. Your body ability to deliver oxygen to working muscles during exercises.
- 7. The ability to quickly change direction without losing speed or power.
- 8. The ability to cover a certain distance quickly
- 9. The ability to combine speed and force in movements and actions.

- 10. The ability to use your senses in combination with your actions in movement.

- 11. Your body's ratio of lean muscle to stored fat.

Down

- 1. The ability to stabilize the body in movement.
- 2. Your muscles ability to exert a maximum amount of force in one effort.
- 3. Your muscles and joints ability to move through a full range of motion.
- 6. The ability to respond quickly to what you see, feel or hear.