

Name: \_\_\_\_\_

# Components of Physical Fitness

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|---|-----------------------------|
| 1. The ability to move and change directions quickly.   | A. Agility                  |
| 2. An even distribution of weight allowing someone or something to remain upright and steady. | B. Power                    |
| 3. The percentage of stored fat in a body as compared to lean mass.                           | C. Cardiovascular Endurance |
| 4. The ability of the heart, lungs and blood vessels to deliver oxygen to your body tissues.  | D. Flexibility              |
| 5. The ability to use different parts of the body together smoothly and efficiently.          | E. Balance                  |
| 6. The ability to move joints effectively through a complete range of motion.                 | F. Body Composition         |
| 7. The ability of a muscle (set of muscles) to perform a repeated action without tiring.      | G. Muscular Endurance       |
| 8. The amount of force a muscle can produce with a single maximal effort.                     | H. Reaction Time            |
| 9. The combination of strength and speed .  | I. Coordination             |
| 10. The ability to react or respond quickly to what you hear, see, or feel.                   | J. Speed                    |
| 11. The ability to perform a motor skill as rapidly as possible.                              | K. Muscular Strength        |