

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

# Components of fitness

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|--|-----------------------------|
| 1. The ability to change direction at speed  | A. Cardiovascular endurance |
| 2. The ability to maintain the body's centre of mass over a base of support                  | B. flexibility              |
| 3. The ability to move two or more body parts smoothly and efficiently                       | C. Strength                 |
| 4. The movement around a joint   | D. static strength          |
| 5. The ability for the heart and lungs to constantly supply oxygen to the working muscles    | E. muscular endurance       |
| 6. The ability for the muscle to contract repeatedly over a period of time without fatiguing | F. Reaction time            |
| 7. speed x strength  | G. co-ordination            |
| 8. The ability to move body parts as quickly as possible.                                    | H. power                    |
| 9. The time it takes for the body to react to a stimulus                                     | I. Balance                  |
| 10. The ability to overcome a resistance   | J. speed                    |
| 11. to push against an immovable object  | K. Agility                  |