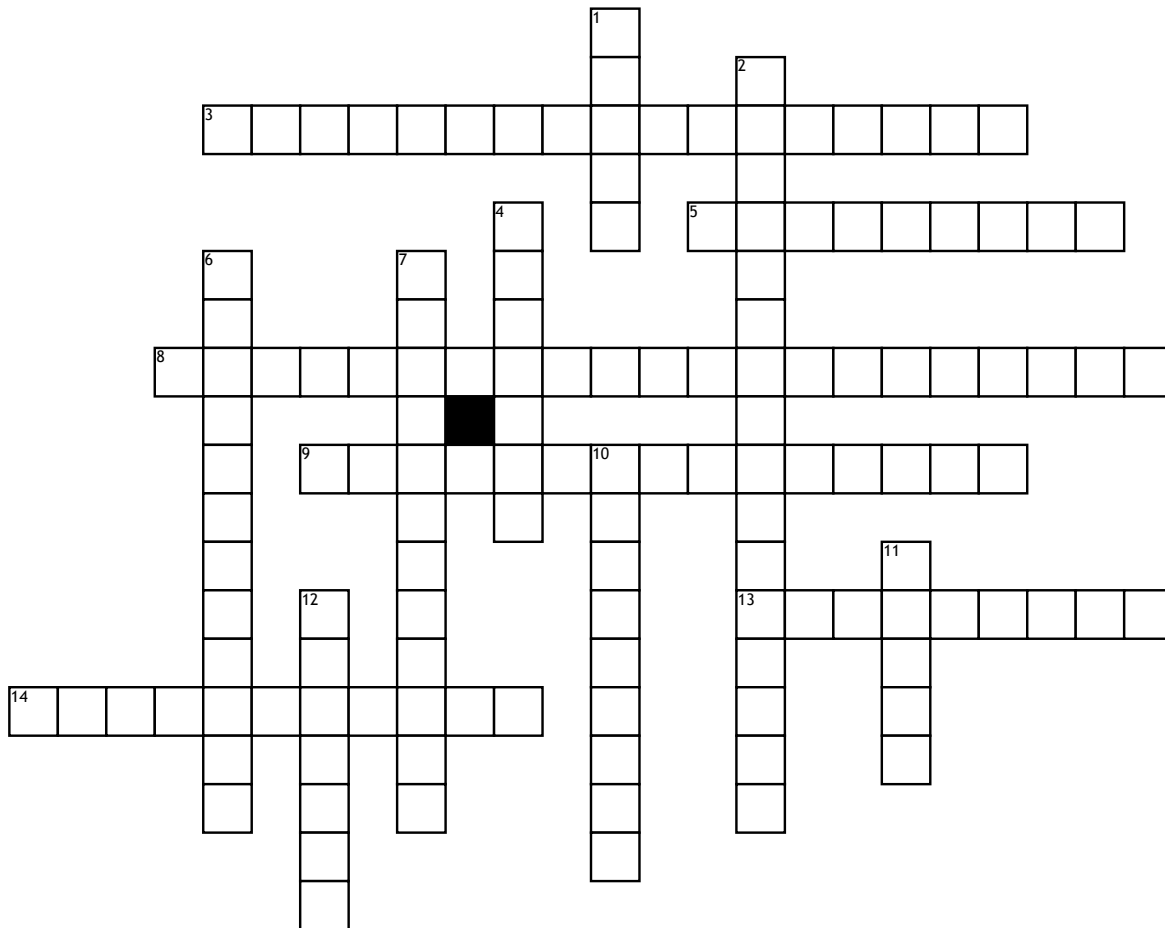


Name: _____

Date: _____

Components of fitness



Across

3. Ability of a muscle to make continuous over time and resisting fatigue

5. Slim build low body fat suited for endurance

8. Sometimes known as stamina and is the ability of the body to continuously provide energy

9. Amount of fat, bone, muscle etc

13. Rounded shape built for power and strength events

14. Range of possible movement at joints

Down

1. Ability to move body parts quickly

2. Ability of muscle to exert maximal force

4. Ability to maintain equilibrium whilst moving or stationary

6. How quick the brain can respond to a stimulus and respond

7. Ability to use body parts and senses together to produce smooth movements

10. Athletic build suited sprint swimming

11. Product of strength and speed

12. Ability to change direction and speed