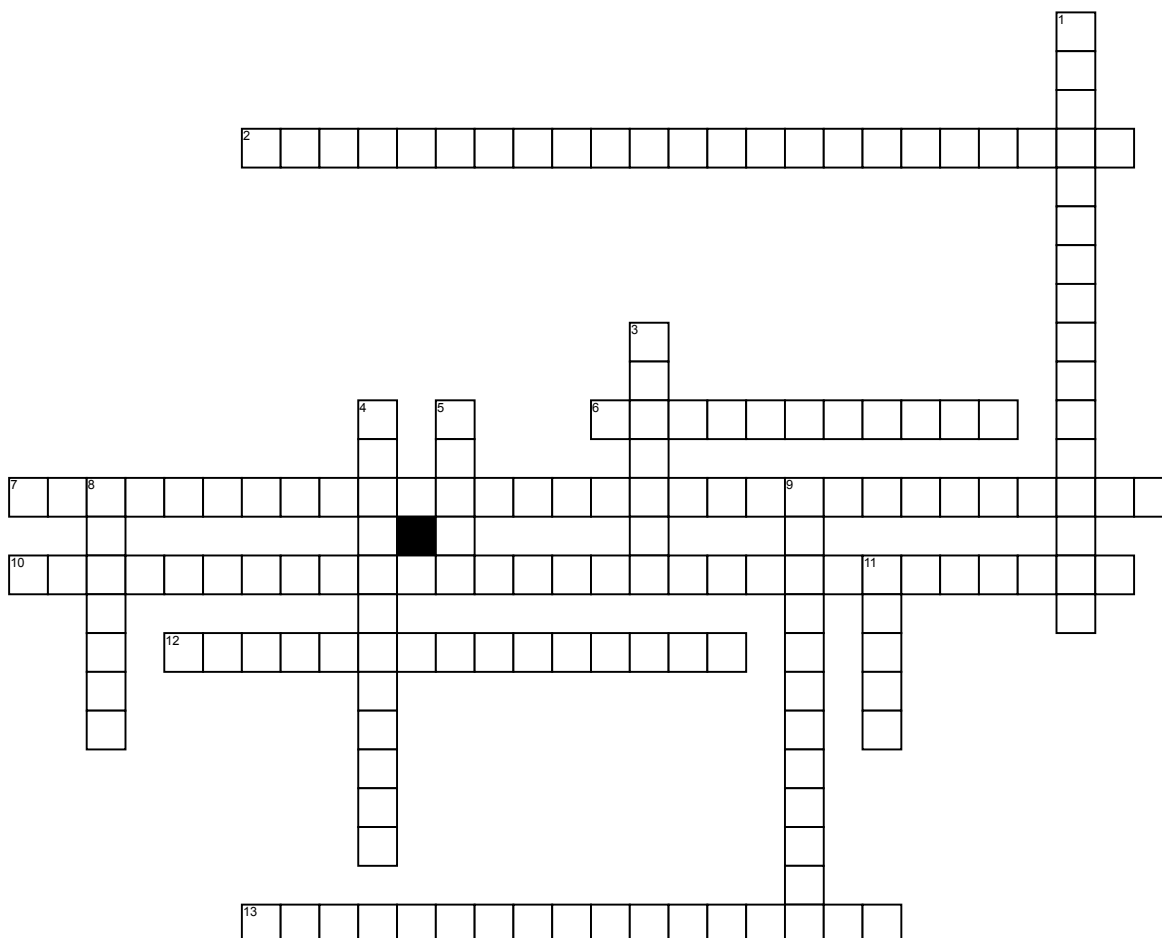


Name: _____ Date: _____

Fitness Components



Across

2. Your body's ability to deliver oxygen to working muscles during exercise

6. Your muscles and joints ability to move through their full range of motion

7. Cardiovascular Endurance, Muscle Endurance, Muscle Strength, Flexibility and Body Composition

10. Speed, Power, Agility, Balance, Co-ordination and Reaction Time

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

13. Your muscle's ability to exert force repeatedly or for an extended period of time

Down

1. Your muscle's ability to exert a maximum amount of force in one effort

3. The ability to stabilize the body both in movement and when maintaining stillness

4. The ability to respond quickly to what you feel, see or hear

5. The ability to perform actions or cover distance quickly

8. The ability to quickly change direction without losing speed or power

9. The ability to use your senses in combination with your actions when in movement

11. The ability to combine both speed and force in movements and actions