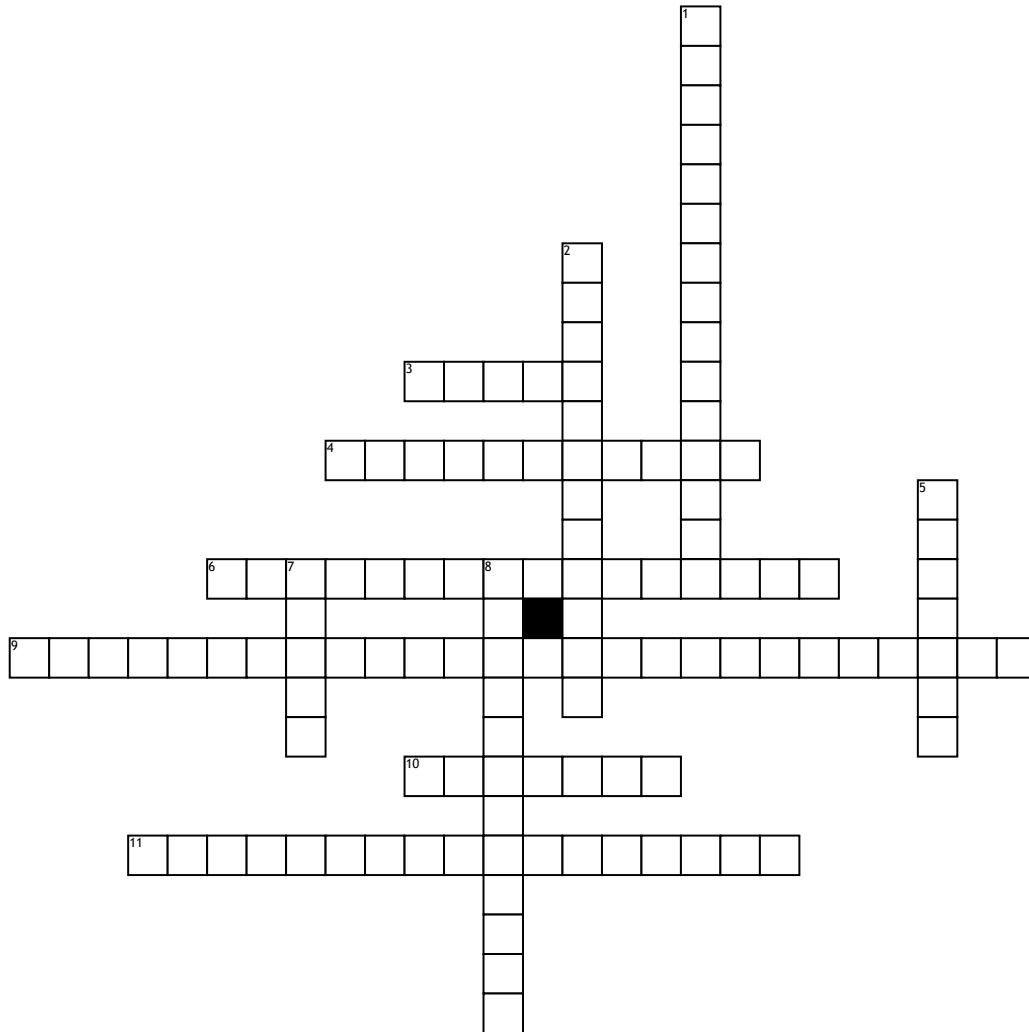


Name: _____

Fitness Terms



Across

3. The ability to move body parts quickly while applying maximum force. Examples, slamming a basketball, shot-put throw, etc.
4. The ability to move your joint through a full range of motion.
6. Pushing against resistance with a maximum amount of weight. Example; Bench Press, Squat or dead lift. 1 rep!
9. The ability of your heart and lungs to absorb and transport oxygen over a period of time.
10. The ability to change speed and direction quickly and fast. Examples, the shuttle run, running through an agility ladder
11. Group of muscle that can sustain repeated movements over a period of time. Example; sit-ups, push-ups,

Down

1. Describes the percentage of fat, bone, water and muscle in the human body
2. the ability to use your senses during movement. Example's Basketball dribble, soccer dribble
5. The ability to control or stabilize your body through movement. Example, a gymnast on a balance beam or a dancer doing ballet.
7. The ability of moving your body as fast as it can go. The time it takes to move a certain distance. Example, 100m sprint or swim.
8. The ability to respond quickly to what you see, hear, feel, etc. Example, Baseball batter hitting a baseball

Word Bank

Muscular endurance
Reaction Time
Power
Speed

Body Composition
Agility
Coordination
Muscular Strength

Balance
Cardiorespiratory Endurance
Flexibility