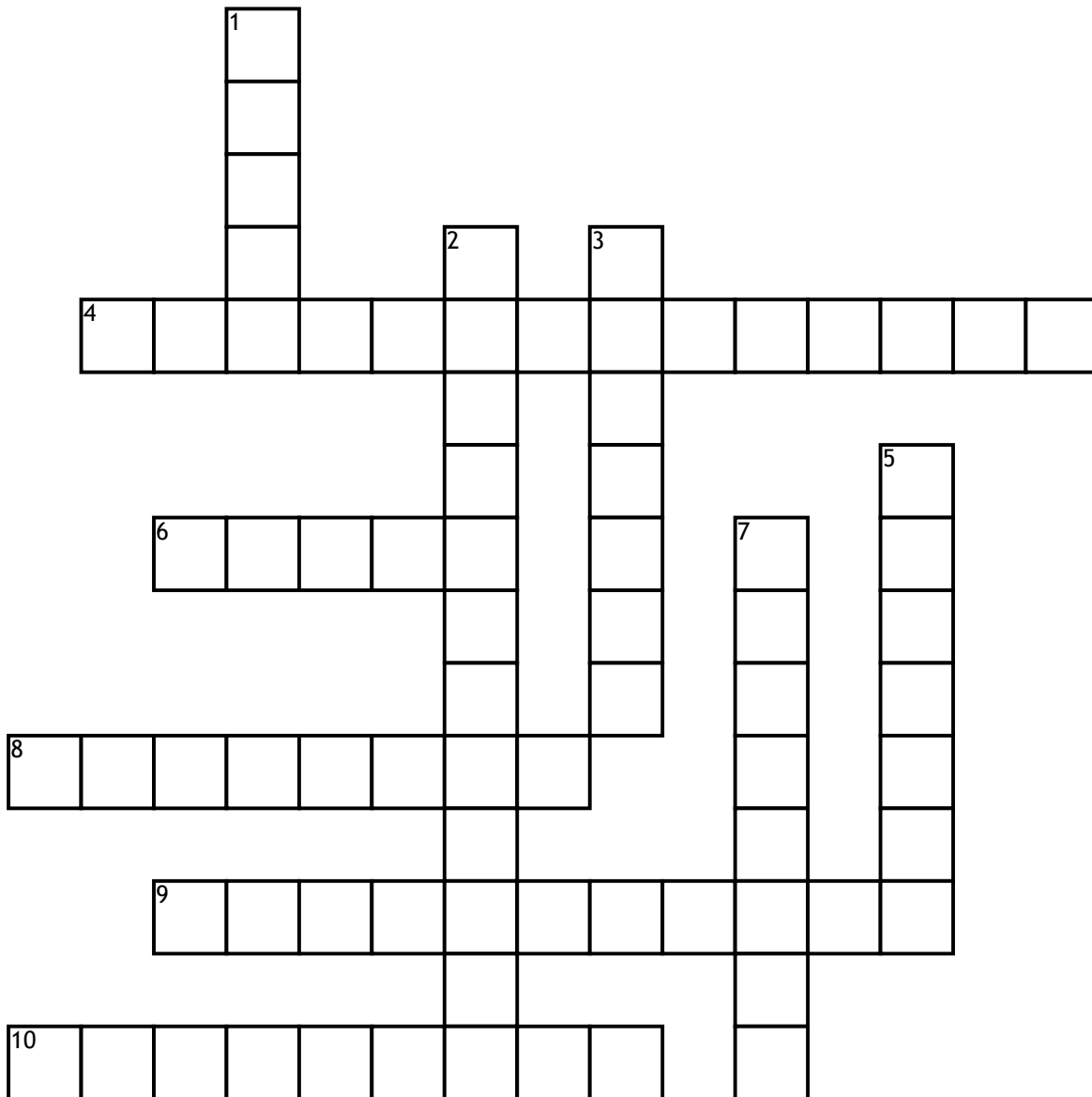


Fitness



Across

4. The ability of the heart, blood vessels and respiratory system to deliver oxygen and fuel to the working muscles is called _____ endurance.
6. _____ is the ability to minimise the time cycle of a repeated movement
8. _____ strength is the ability to exert a force against a resistance.
9. _____ is the ability to maximize the range of motion at a given joint; refers to the absolute range of movement in a joint or series of joints.
10. Muscular _____ is the ability of a muscle to supply a sub maximal force over a period of time.

Down

1. _____ is the ability of a muscular unit or combination of muscular units, to apply maximum force in minimum time.
2. _____ is the ability to use the body parts and senses together to produce smooth efficient movements.
3. _____ is the ability to control the placement of the body's centre of gravity in relation to its support base
5. _____ is the ability to minimize transition time from one movement pattern to another
7. _____ time is how quickly your brain can respond to a stimulus and initiate a response.