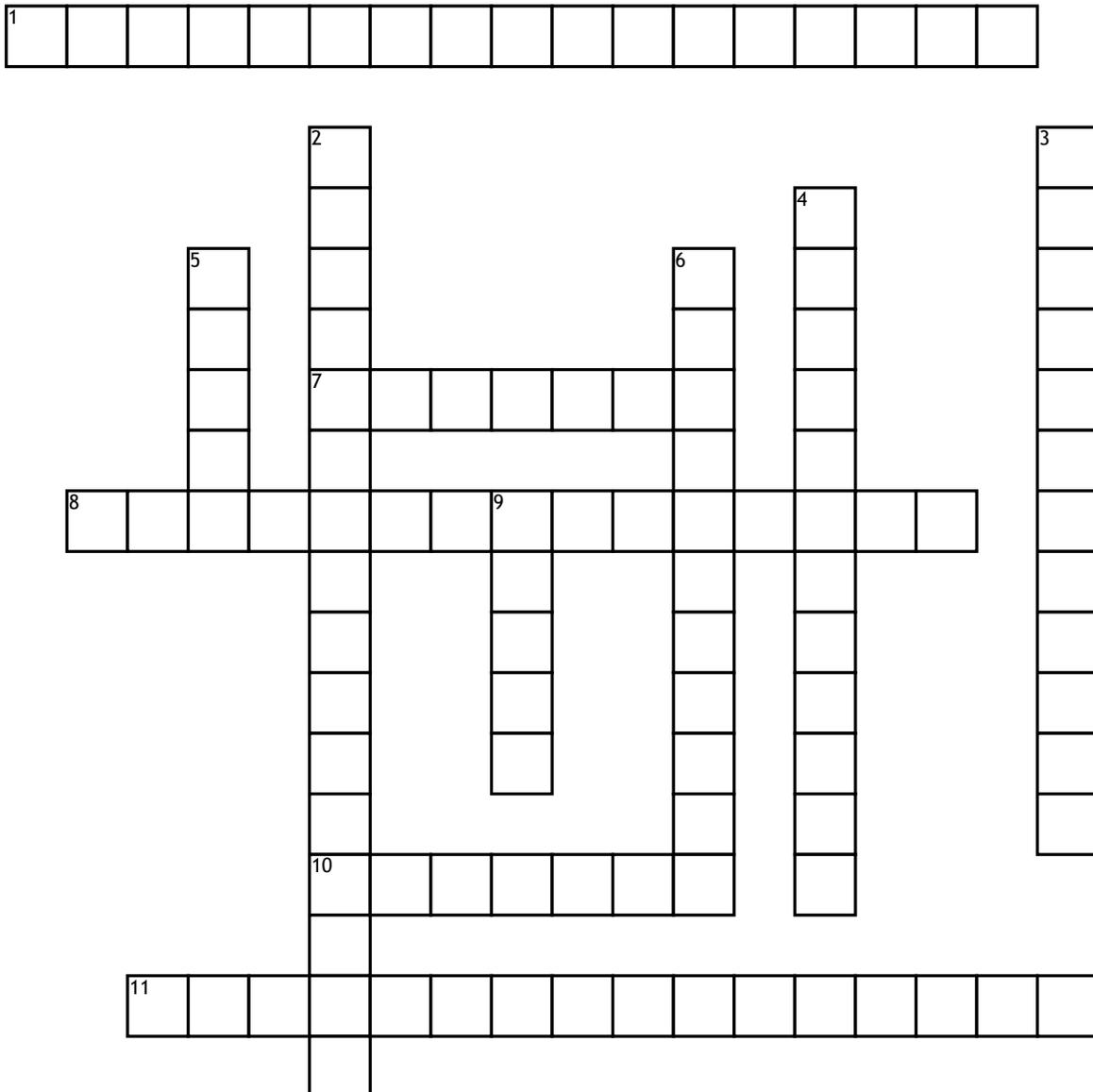


Fitness for sport and exercise



Across

- 1. The ability of the muscles to contract and relax for a long period of time?
- 7. Holding the centre of mass over the base of support
- 8. The amount of fat to fat free mass on the body?
- 10. When dribbling in basketball, what component of fitness enables me to get around my opponents?
- 11. A rugby player needs increased _____ when making a tackle to knock their opponent off the ball?

Down

- 2. I am a long distance runner, what is the component of fitness I mostly need?
- 3. How long it takes for the body to react to a stimuli
- 4. When playing tennis _____ enables the player to strike the ball
- 5. Distance divided by time taken
- 6. The range of movement around a joint?
- 9. What is the combination of speed and strength?