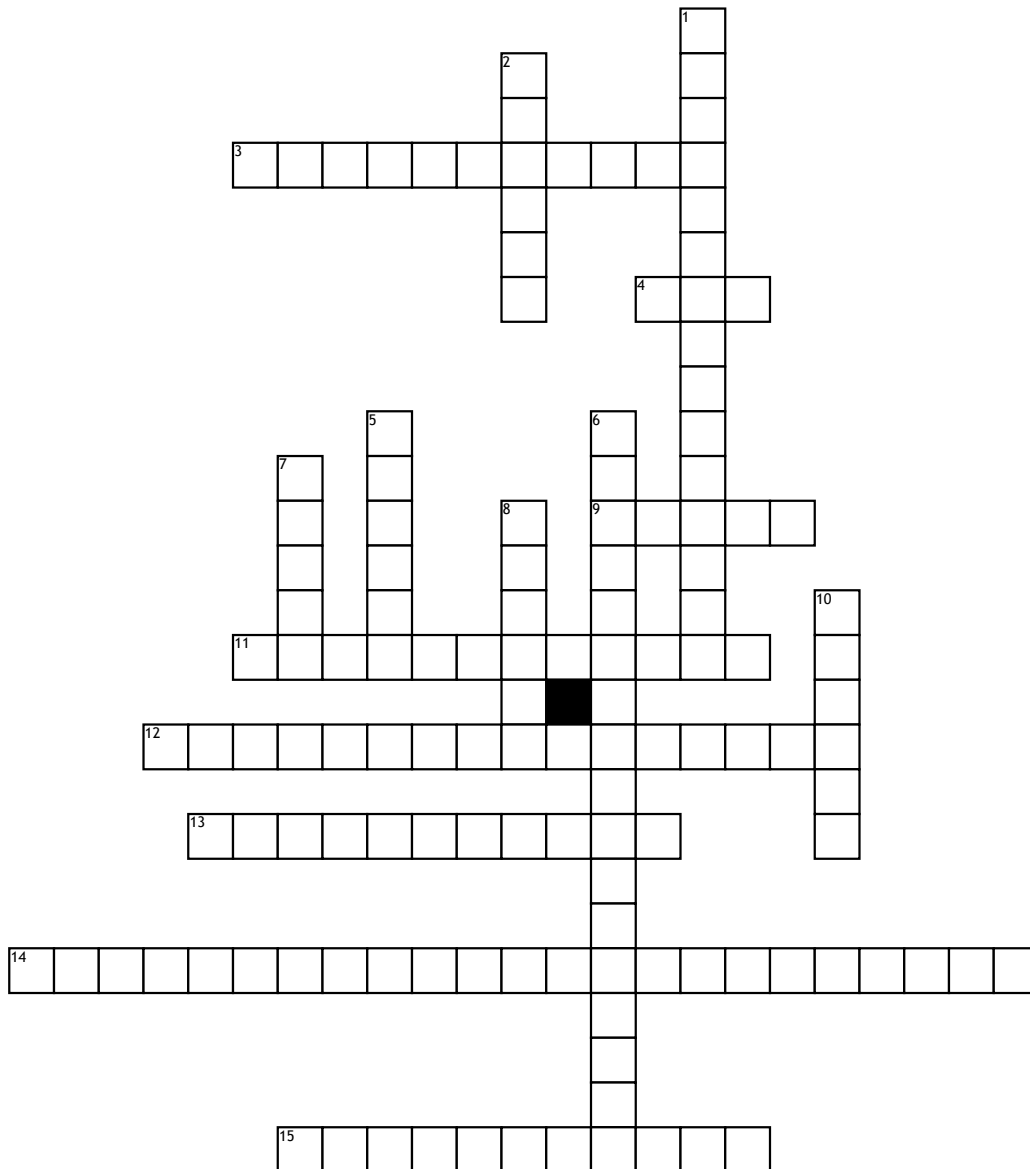


Health Related Components



Across

3. Stretching exercises are effective in increasing _____.

4. It is a physical fitness test for body composition?

9. The _____ test is most used to test muscular endurance.

11. Cardiovascular endurance or _____ endurance is the ability to deliver oxygen and nutrients to tissues.

12. Bench press, leg press or bicep curl are an example of this health related component.

13. Muscular Endurance is the ability of the muscle to do _____ of work.

14. Jogging, cycling, and swimming are an example of this HRC.

15. The _____ is commonly used to determine flexibility.

Down

1. This can be measured using underwater weighing, skinfold readings, and bioelectrical impedance.

2. Body composition is the percentage of body _____ which is fat, muscle and bone.

5. The _____ Run is used most often to test Cardiovascular endurance.

6. "Once you have picked up that heavy box of books, you can then carry that box for a long period of time before you need to take a break." this statement is an example of what HRC?

7. Muscular strength is the amount of _____ that a muscle can exert against a resistance.

8. Flexibility is your _____ ability to move through a full range of motion.

10. The _____ test is most often to used to test muscular strength.