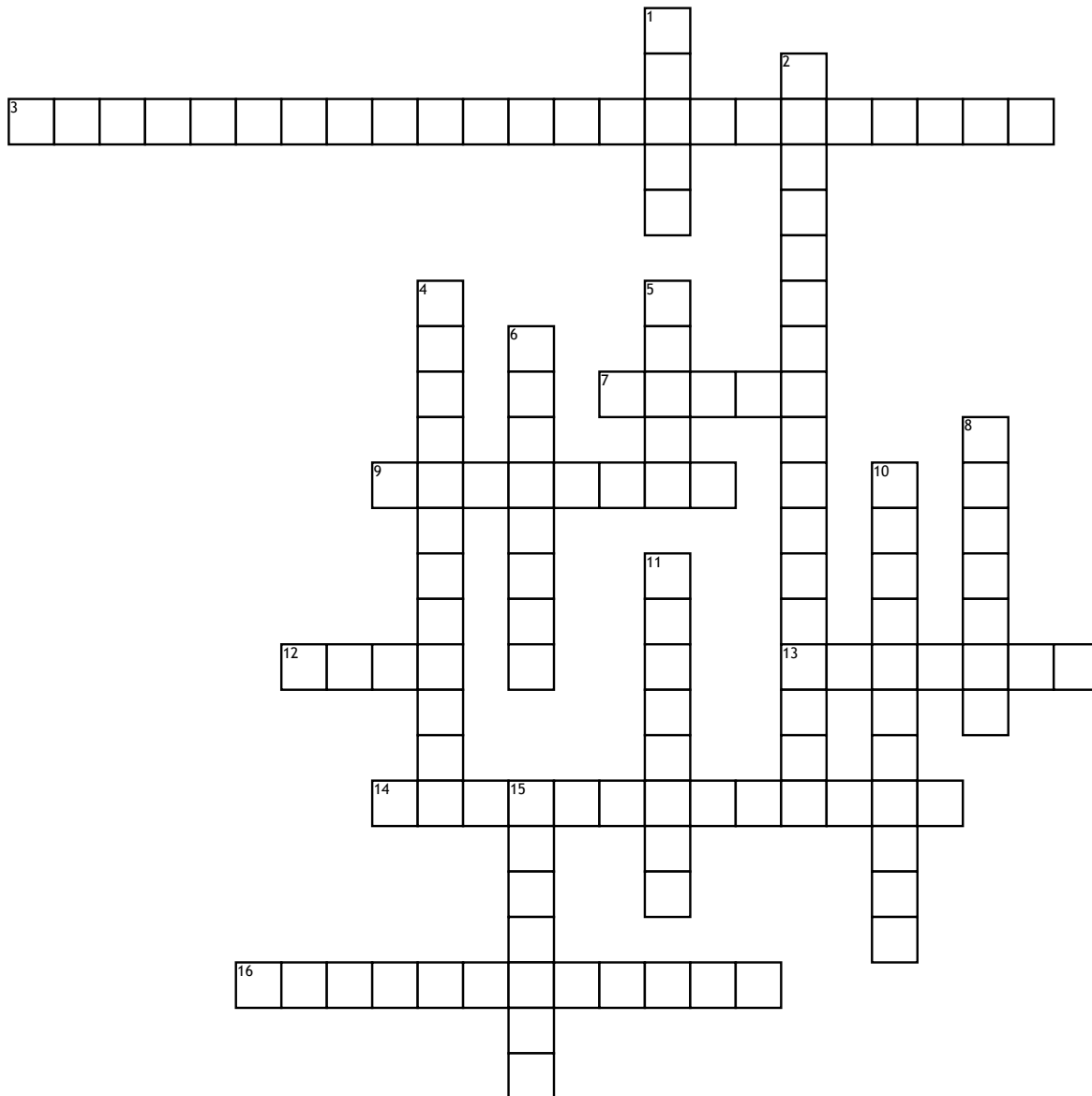


Name: _____

Date: _____

Physical Training



Across

3. Ability of the heart and lungs to supply oxygen to the working muscles

7. The ability to move a resistance quickly (strength x speed)

9. There are four types (static, dynamic, maximal, explosive)

12. The term used that ensures we have progressive overload in our training

13. the ability to change direction at speed with control

14. altitude training increases the number of these

16. the ability to use 2 or more body parts simultaneously

Down

1. the time it takes to cover a set distance or complete a particular action

2. Using voluntary muscles for repeated contractions without tiring

4. Time taken to respond to a stimulus

5. The term used to cover the principles of training

6. What type of training involves periods of high intensity work followed by periods of rest?

8. Type of training where altering the time, rest and content of the training will determine aims

10. Range of movement possible at the joint

11. for this test I will measure a 5 x 10m grid and start face down

15. the ability to retain the body's centre of mass over the base of support