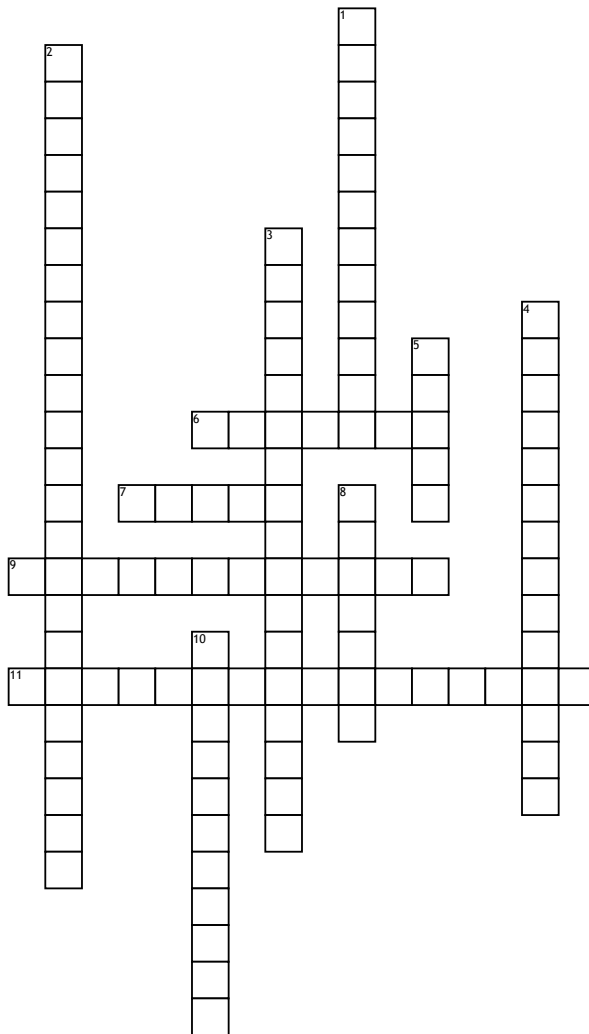


11 Fitness Components



Across

- 6. the ability to control or stabilize the body when a person is standing still or moving
- 7. the ability to move the body swiftly while applying max force of the muscles
- 9. the ability to reach or respond quickly to what you hear, see or feel
- 11. how hard your muscles can work for one rep per time

Down

- 1. the ability to use the senses together with body parts during movement

- 2. the ability to use your heart, lungs and circulatory system for a long period of time
- 3. the ability to use your muscles for an extended period of time
- 4. the amount of fat mass compared to lean mass
- 5. the ability to move your body or parts of your body swiftly
- 8. the ability to change and control the direction and position of the body while maintaining a constant, rapid motion
- 10. the ability to use your joints through a full range of motion

Word Bank

- | | | |
|---------------------------|----------------|---------------------|
| -agility | -reaction time | -muscular endurance |
| -speed | -flexibility | -body composition |
| -cardiovascular endurance | -power | -balance |
| -muscular strength | -coordination | |