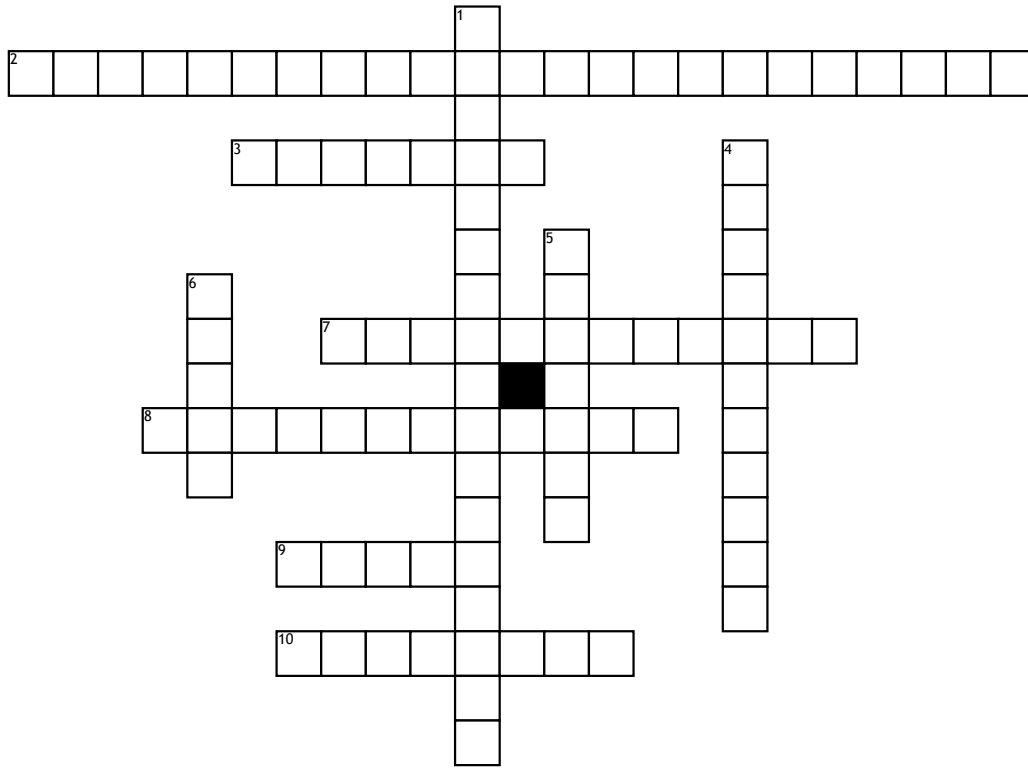


# Components of Fitness



## Across

2. The ability of the heart and lungs to supply oxygen to the working muscles.
3. The maintenance of the centre of mass over the base of support whilst static or dynamic.
7. The ability to use different (two or more) parts of the body together, smoothly and efficiently.
8. The time taken to initiate a response to a stimulus, ie the time from the initiation of the stimulus (eg starting gun in 100 m) to starting to initiate a response (eg starting to move out of the blocks in 100 m).
9. The product of strength and speed, ie strength x speed.

## Word Bank

cardiovascular endurance  
 muscular endurance  
 speed  
 strength

flexibility  
 balance  
 agility

reaction time  
 coordination  
 power

10. The time taken to initiate a response to a stimulus, ie the time from the initiation of the stimulus (eg starting gun in 100 m) to starting to initiate a response (eg starting to move out of the blocks in 100 m).

## Down

1. Ability of a muscle or muscle group to undergo repeated contractions, avoiding fatigue.
4. The range of movements possible at a joint.
5. The ability to move and change direction quickly (at speed) whilst maintaining control.
6. The maximum rate at which an individual is able to perform a movement or cover a distance in a period of time, putting the body parts into action as quickly as possible. Calculated by: distance ÷ time.