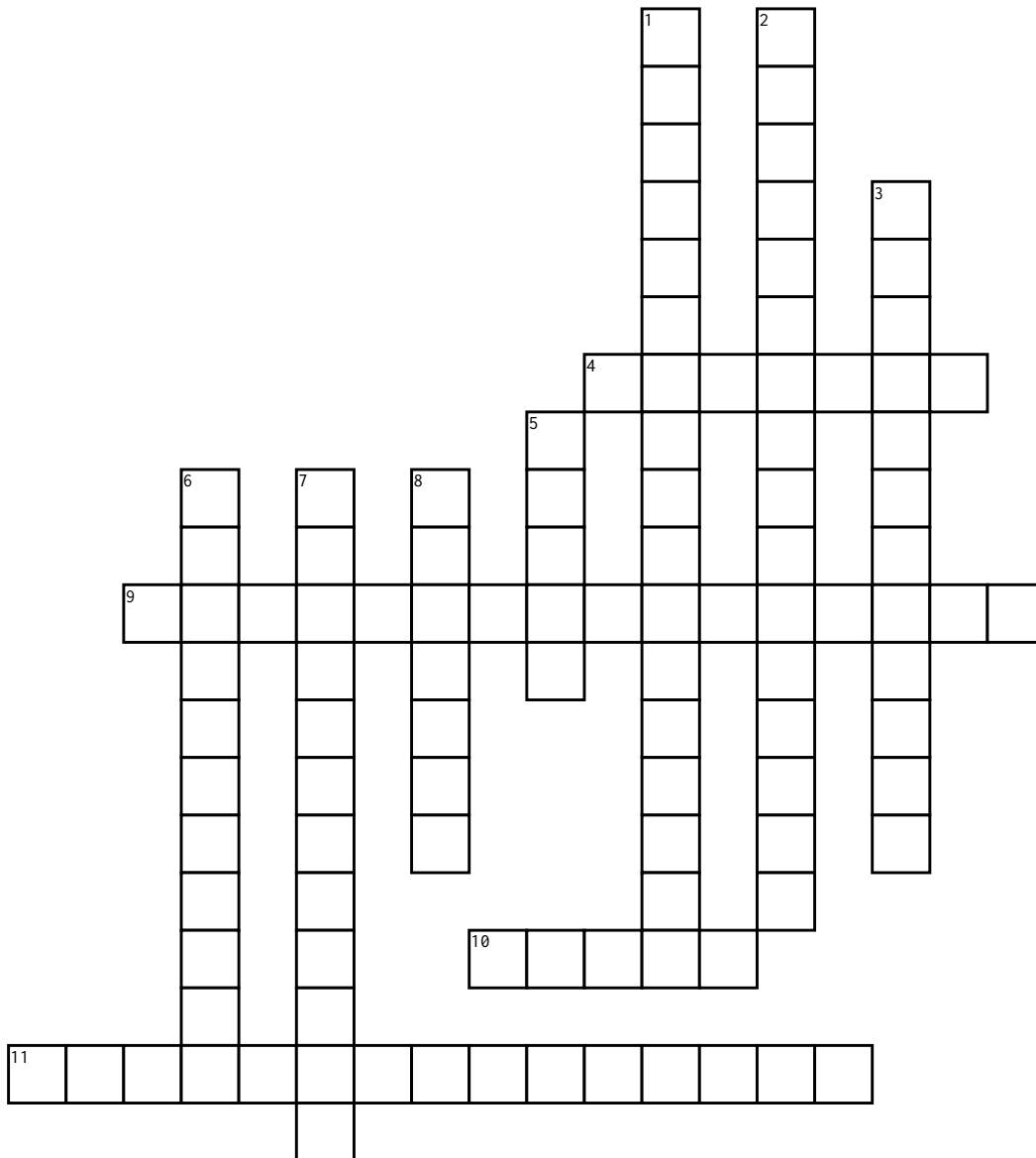


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Components of Fitness Crossword



## Across

- 4. Is the ability of the performer to retain their centre of mass over their base of support without falling.
- 9. The ability of the cardio-respiratory system to supply oxygen to working muscles during sustained physical activity
- 10. Time taken to cover a set distance.
- 11. The proportion of body weight that is fat, muscle and bone.

## Down

- 1. The ability to use voluntary muscles, over long periods of time without getting tired
- 2. The ability to exert a large amount of force in a single maximum effort
- 3. The time between the presentation of a stimulus and movement.
- 5. This is a combination of strength and speed.
- 6. A full range of motion at a joint.
- 7. The smooth flow of a movement needed to perform efficiently and accurately.
- 8. The ability to change direction quickly.