

Name: _____

Components of Fitness and Measurements

standing stork balance test

power explosive strength

multi stage fitness test

Cardiovascular endurance

anderson ball toss test

illinois agility test

thirty metre sprint

muscular endurance

maximal strength

dynamometer test

ruler drop test

reaction time

vertical jump

Sit and Reach

coordination

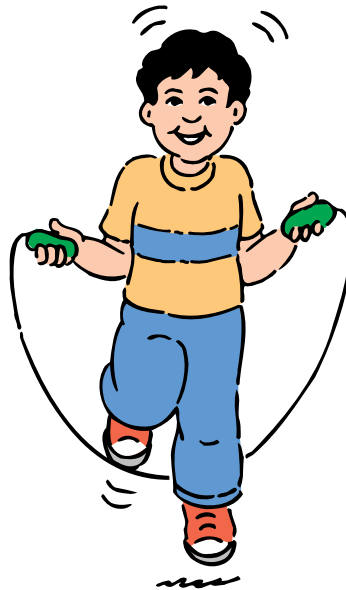
Flexibility

strength

balance

agility

speed



F T H C A E R D N A T I S A Y I Y T I L I G A B
T S E T E C N A L A B K R O T S G N I D N A T S
M E H T G N E R T S E V I S O L P X E R E W O P
B A L A N C E O Y G T S E T P O R D R E L U R O
R C I J H B Z I B Y O K P Z Z N O D L U J K N B
M A X K T Q U I A J P M U J L A C I T R E V G G
M R P R G T S E T Y T I L I G A S I O N I L L I
J C L A N D E R S O N B A L L T O S S T E S T C
G O U V E O M U S C U L A R E N D U R A N C E L
R O X M R N T U N P Z A E M I T N O I T C A E R
S R B P T K S E A F U C W U S O P U C N L N M W
Z D R D S P Y D S C E I N U W R G M G Y H W E U
T I E E L T N I R P S E R T E M Y T R I H T V M
C N W E A Z R K B E I Q F B P X N X M A B U Q Y
U A H P M X V N A S O U D W R Q I J J S C P T C
W T U S I C T S E T R E T E M O M A N Y D N X H
M I X G X H B G A M C P S U H T W F H R B S S T
P O O L A N T C J B J Z J G P U N A Y C M S I L
X N D C M J K G S R D J H U I O V K V T D M X D
J Y Q A E C Y M N L B B A Y T I L I B I X E L F
U E C N A R U D N E R A L U C S A V O I D R A C
X N K Z M D C Z R M R B S T E P Y Z M J E B F R
K G H T S E T S S E N T I F E G A T S I T L U M
L N H W X T J G L U O L S Q F S A W G H G J H I