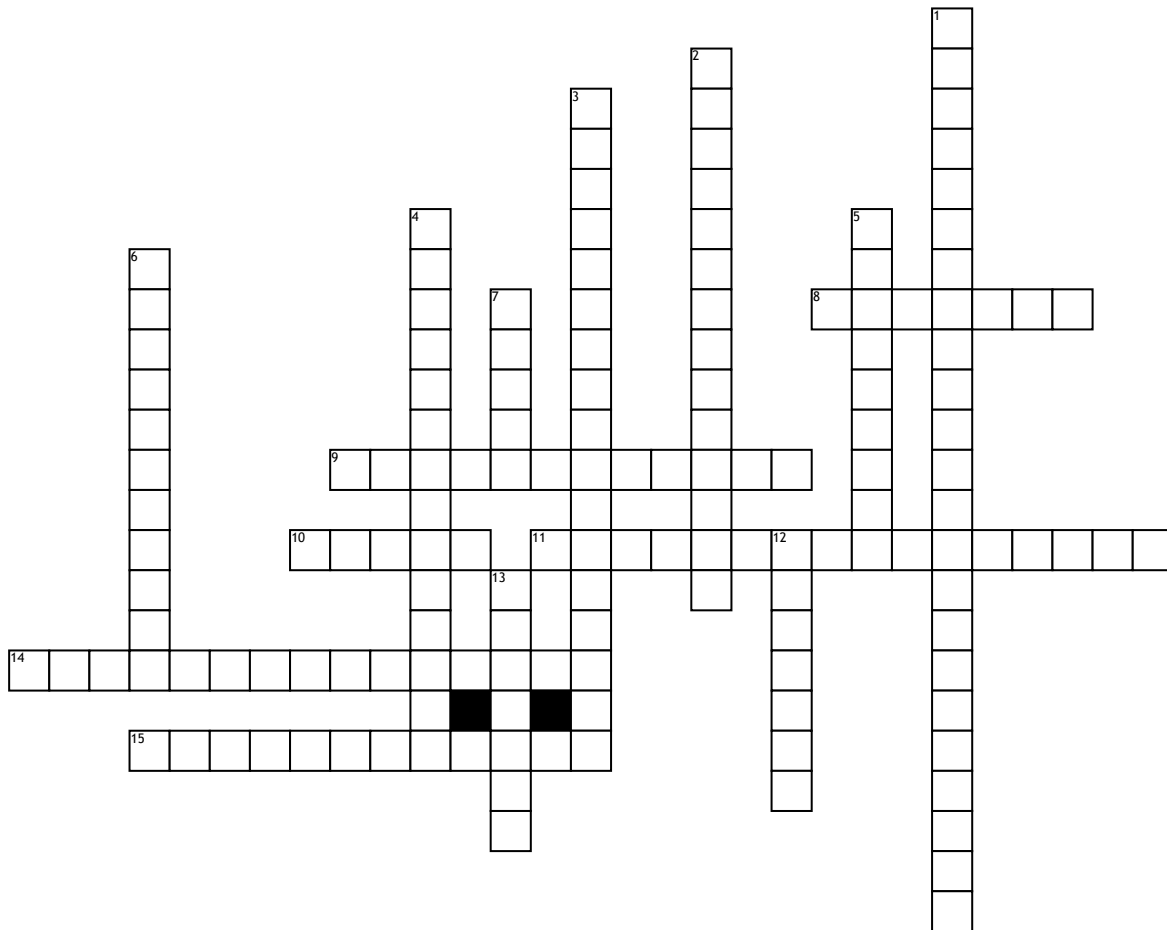


# Components of fitness



**Across**

- 8. ability to stabilize the body while in motion or still
- 9. ability to see an external object and respond precisely with your hands and feet to meet a pre-determined objective
- 10. measure that combines speed and strength
- 11. amount of force you can put forth with your muscles
- 14. percentage of weight that is fat compared to other body tissue, such as bone and muscle

15. refers to how quickly you can respond to an external stimulus

**Down**

- 1. ability of the heart to pump blood throughout the body during exercise for long periods of time
- 2. the biggest muscle in the human body
- 3. ability to use your muscles repetitively
- 4. awareness of the position and movement of the body in space

5. smallest muscle in the human body

- 6. range of motion for any given joint
- 7. ability to perform a movement in a short period of time
- 12. another name for fat cells
- 13. ability to change direction while in motion