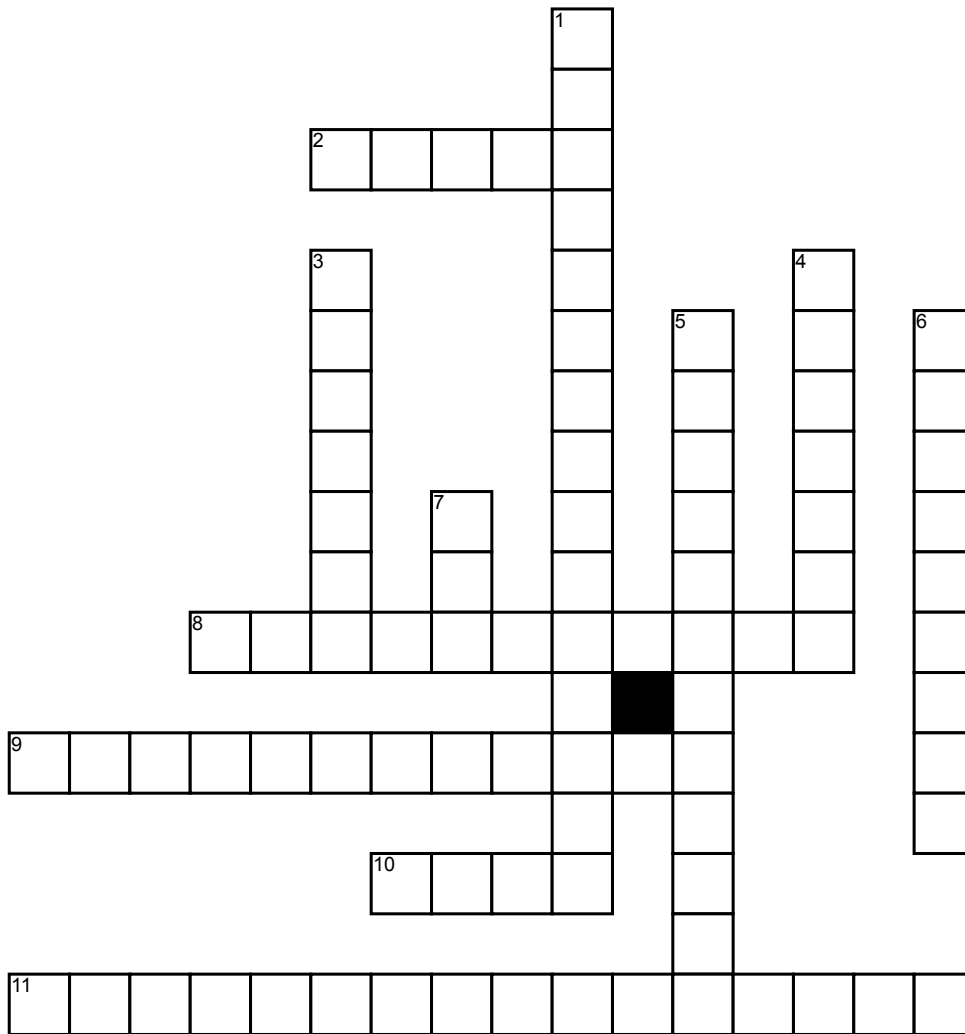


# Exercise and Fitness



## Across

2. The faster an athlete runs over a given distance
8. The ability to move joints fully and easily through a full range of motion (One of the 5 components of fitness)
9. Is the smooth flow of movement needed to perform a motor task efficiently and accurately
10. \_\_\_\_\_ calipers are another way body composition can be measured
11. . The maximum force a muscle or muscle group can produce

## Down

1. Is the relative ratio of fat to fat mass to fat free mass (vital organs, muscle & bones) in the body

3. There are two types of it: static & dynamic

4. The ability of a sports performer to quickly and precisely move or change direction without losing their balance

5. Is the time taken to for a sports performer to respond to a stimulus and the initiation of their response. For example, a sprinter in the blocks responding to the starters gun

6. Muscular \_\_\_\_\_: The ability of a muscle to repeatedly exert a force over a prolonged period of time (One of the 5 components of fitness)

7. Body composition can be measured by a \_\_\_\_\_ calculator

## Word Bank

BODY COMPOSITION

BMI

COORDINATION

MUSCULAR STRENGTH

ENDURANCE

SPEED

BALANCE

FLEXIBILITY

REACTION TIME

AGILITY

SKIN