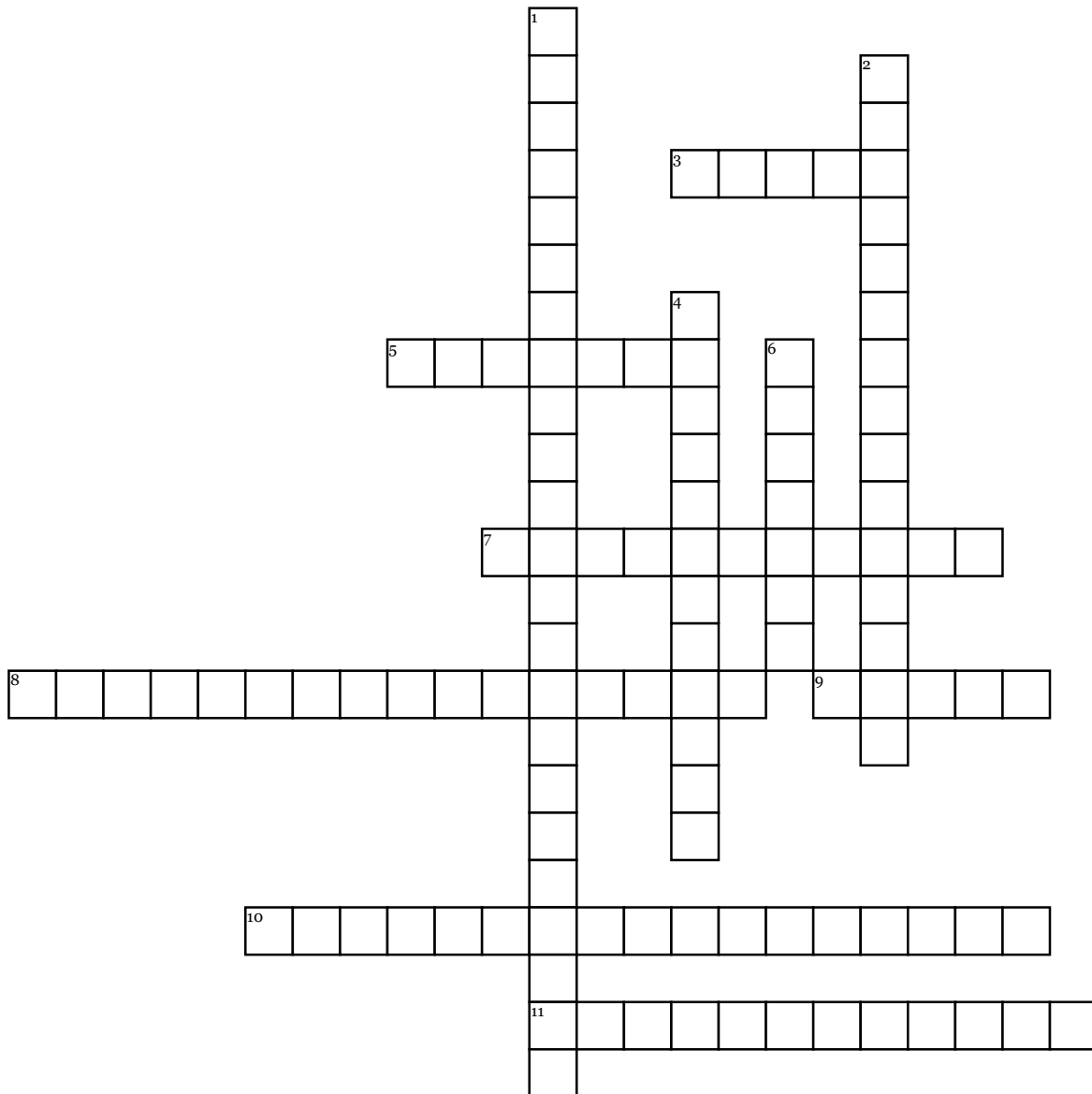


## Health-Related and Skills-Related Components of Fitness



### Across

- 3.** Ability to move the body or parts of the body quickly
- 5.** Ability to control or stabilize the body when standing still or when moving
- 7.** Ability to move a body part through a full range of motion at a joint
- 8.** Maximum amount of force a muscle can use against an opposing force
- 9.** Ability to move body parts quickly while applying maximum force of the muscles
- 10.** Ability of muscles to work for an extended period of time without fatigue

- 11.** Ability to use the five senses with body parts while moving

### Down

- 1.** Ability of the heart and circulatory system to supply oxygen to muscles for an extended period of time
- 2.** Ratio of body fat to lean body mass
- 4.** Ability to reach or respond quickly to what you hear or feel
- 6.** Ability to change and control direction and position of the body AND maintain a constant, rapid motion