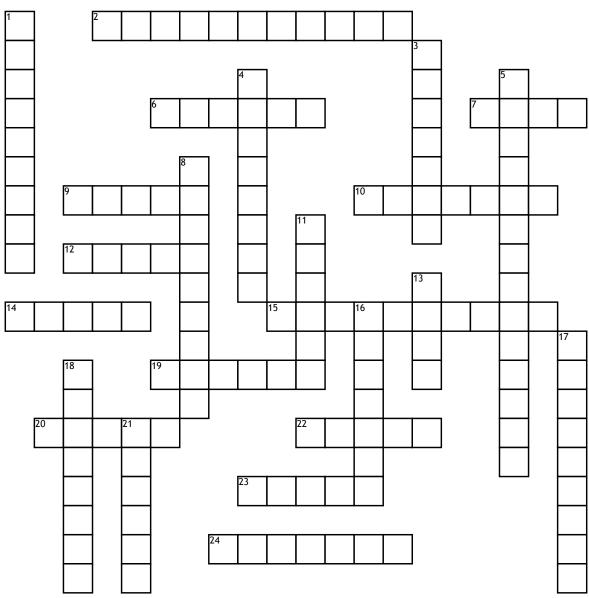
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## Fitness and Training



## Across

- 2. Balance is the ability to maintain whilst still or moving
- **6.** Benefits of cardiovascular fitness include faster removal of waste products (\_\_\_\_\_\_ acid)
- 7. Being flexible reduces the likelihood of \_\_\_\_\_\_ pain
- 9. Being \_\_\_\_\_ is being able to change your direction and speed when travelling quickly and efficiently
- **10.** Balance while moving is often referred to as \_\_\_\_\_\_ balance.
- 12. \_\_\_\_\_ is the product of strength and speed together
- **14.** If we become less flexible then our joints become \_\_\_\_\_
- **15.** The oxidation, decomposition, and synthesis of fats in the tissues is known as fat \_\_\_\_\_

- **19.** Coordination is the ability to use the body parts and \_\_\_\_\_\_ to produce smooth efficient movements
- **20.** Strength is vitally important in sports and \_\_\_\_\_\_ life
- **22.** \_\_\_\_\_ related fitness can be broken down into the technical aspects of sport performance
- 23. Agility is common in sports such as

24.	coordination is vital
in racket sports	
<u>Down</u>	

- Muscular \_\_\_\_\_ is the ability of a muscle to make repeated contractions over a period of time
- 3. \_\_\_\_\_ is the ability of your body to continuously provide enough energy to sustain levels of exercise

- **4.** \_\_\_\_ is the ability of a muscle to exert a force to overcome a resistance
- **5.** Another term for aerobic fitness is \_\_\_\_\_ fitness
- 8. Flexibility \_\_\_\_\_ the risk of injury in sports
- 11. \_\_\_\_\_ body fat can lead to many health problems
- 13. Body composition refers to the amount of muscle, fat, \_\_\_\_\_\_, cartilage that makes up our bodies
- **16.** Speed is defined as the \_\_\_\_\_\_ to move a body part quickly
- 17. Muscular endurance is important in swimming when \_\_\_\_\_ a stroke
- 18. \_\_\_\_\_ time is how quickly your brain can respond to a stimulus and initiate a response
- **21.** Flexibility is usually controlled by the \_\_\_\_\_ of muscles