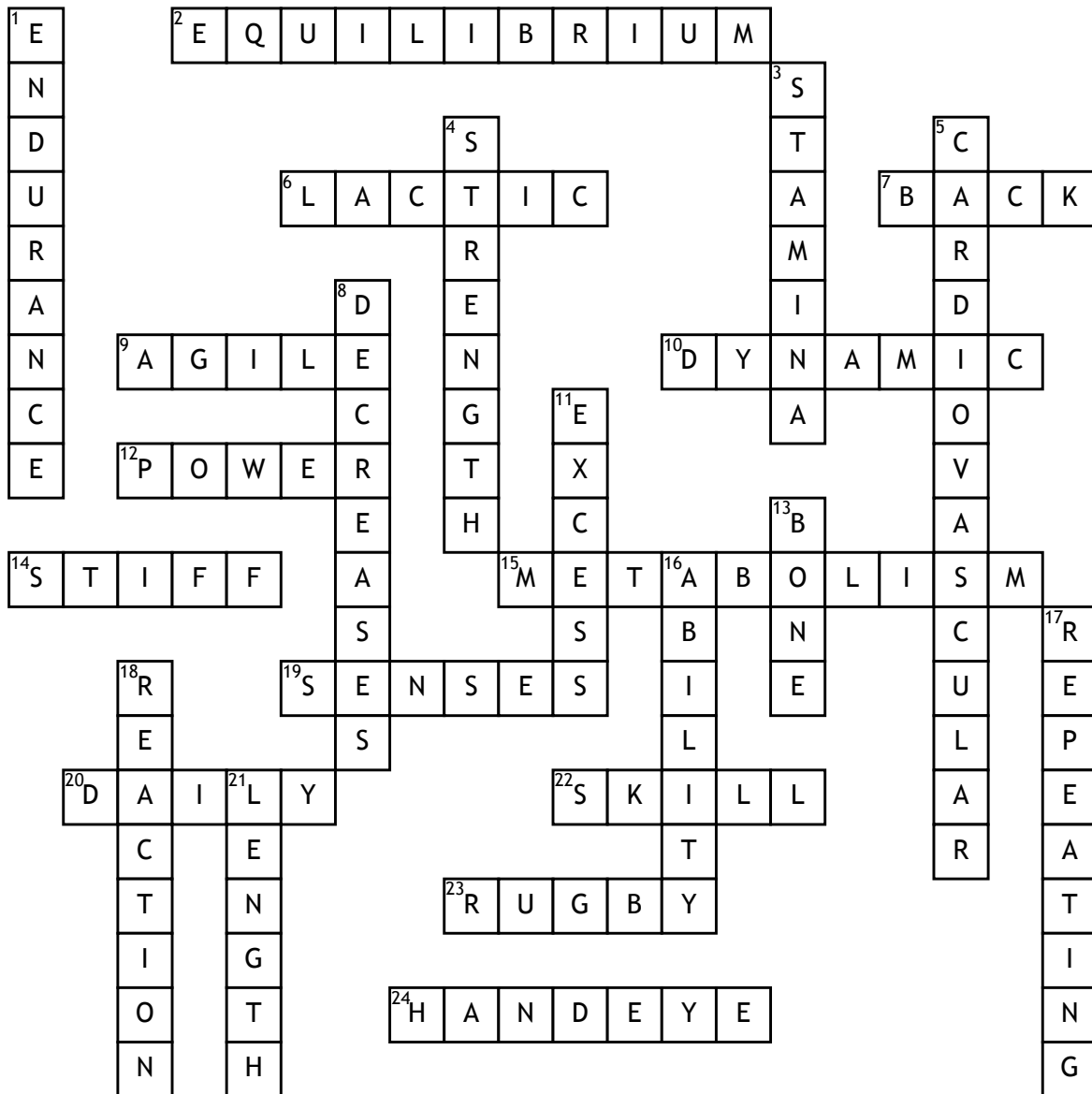


Fitness and Training



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

Down

1. 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