

Name: _____

Date: _____

Health-Related and Skill-Related Fitness

W T L H W P F B B T R Y Q B O M T
J O B M O N O A L I N F P O H U E
R U X M J I L W G I L T C D T S D
S E F O D A Q E E E J K P Y G C Y
F S A R N T J H X R E P N C N U K
D K E C X Q K I M P U O I O E L L
R V E N T D B W Y P I K N M R A P
A F F T T I K T D T K H T P T R I
Y G G H L I O S A S S U E O S E N
C D I I D D F N T I M E N S R N L
N V T L T E I C T Q N O S I A D B
E Y Y T I D E D I I U K I T L U I
U H M G R T A P R B M T T I U R B
Q L Z O R S Y X S N O E Y O C A X
E O O P T C Y K I Z U R W N S N Q
R C I Q E A P B D C X P E B U C P
F Y N N J A E G Z F F B C A M E A

Muscular Endurance
Aerobic Fitness
Flexibility
Balance
Power

Muscular Strength
Reaction Time
Frequency
Agility
Time

Body Composition
Coordination
Intensity
Speed
Type