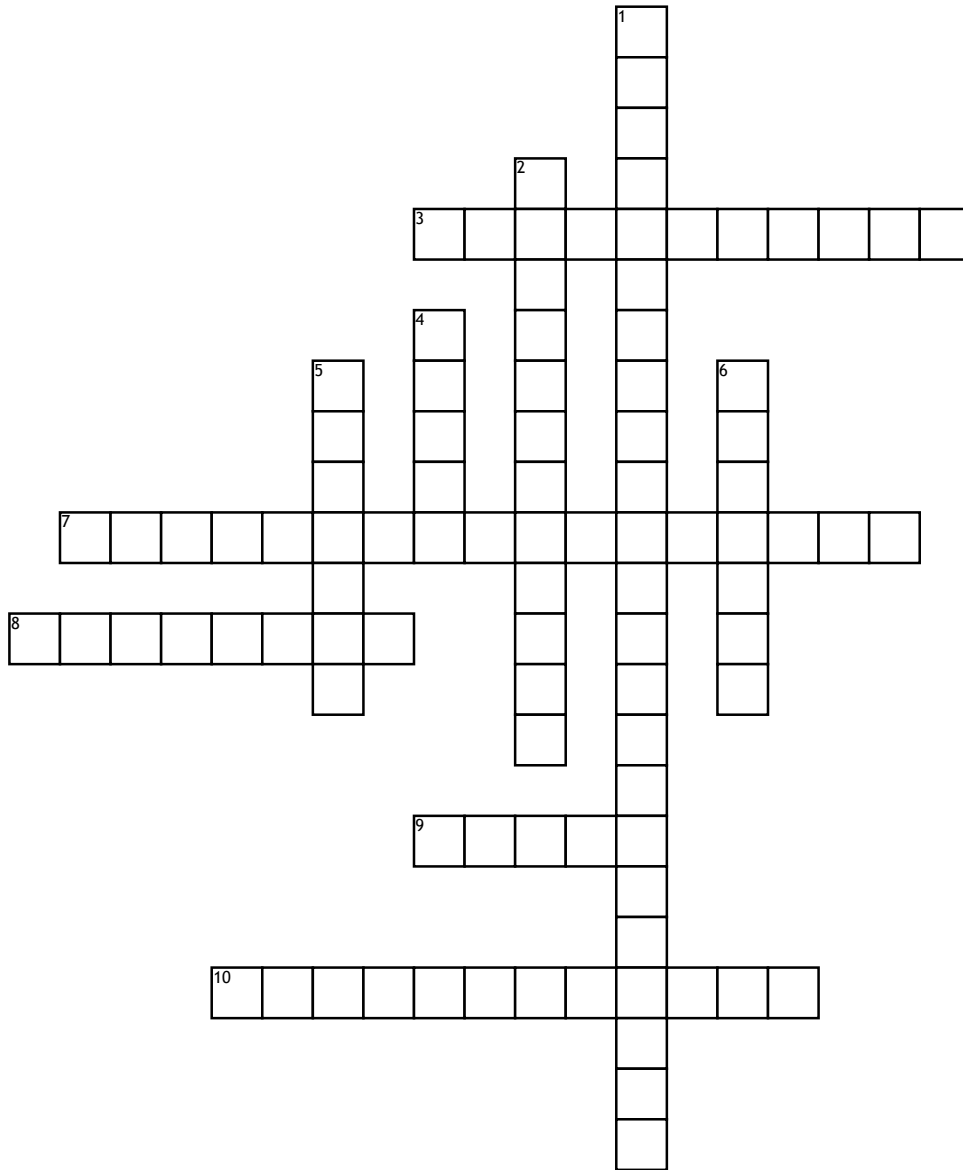


10 Components of Fitness



Across

- 3. The range of movement at a joint.
- 7. The ability to use voluntary muscles, over long periods of time without getting tired.
- 8. The ability to exert a large amount of force in a single maximum effort.
- 9. Time taken to cover a set distance.
- 10. Ability to move two or more body parts at the same time.

Down

- 1. The ability of the heart and circulatory system to meet the demands of the body for a long period of time.
- 2. The time between the presentation of a stimulus and movement.
- 4. The combination of speed and strength.
- 5. Ability to change direction with speed.
- 6. Ability of the performer to retain their centre of mass over their base of support.