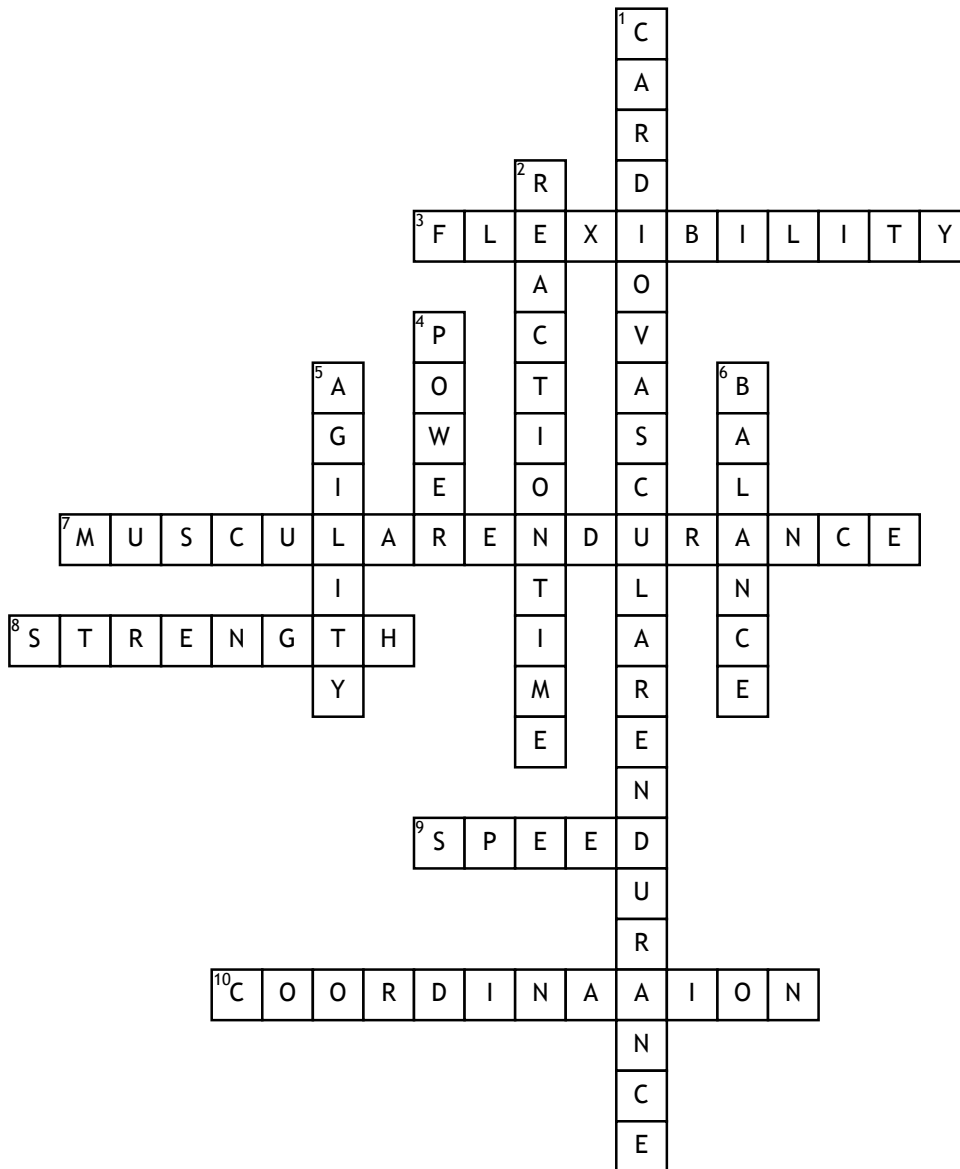


10 Components of Fitness



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.