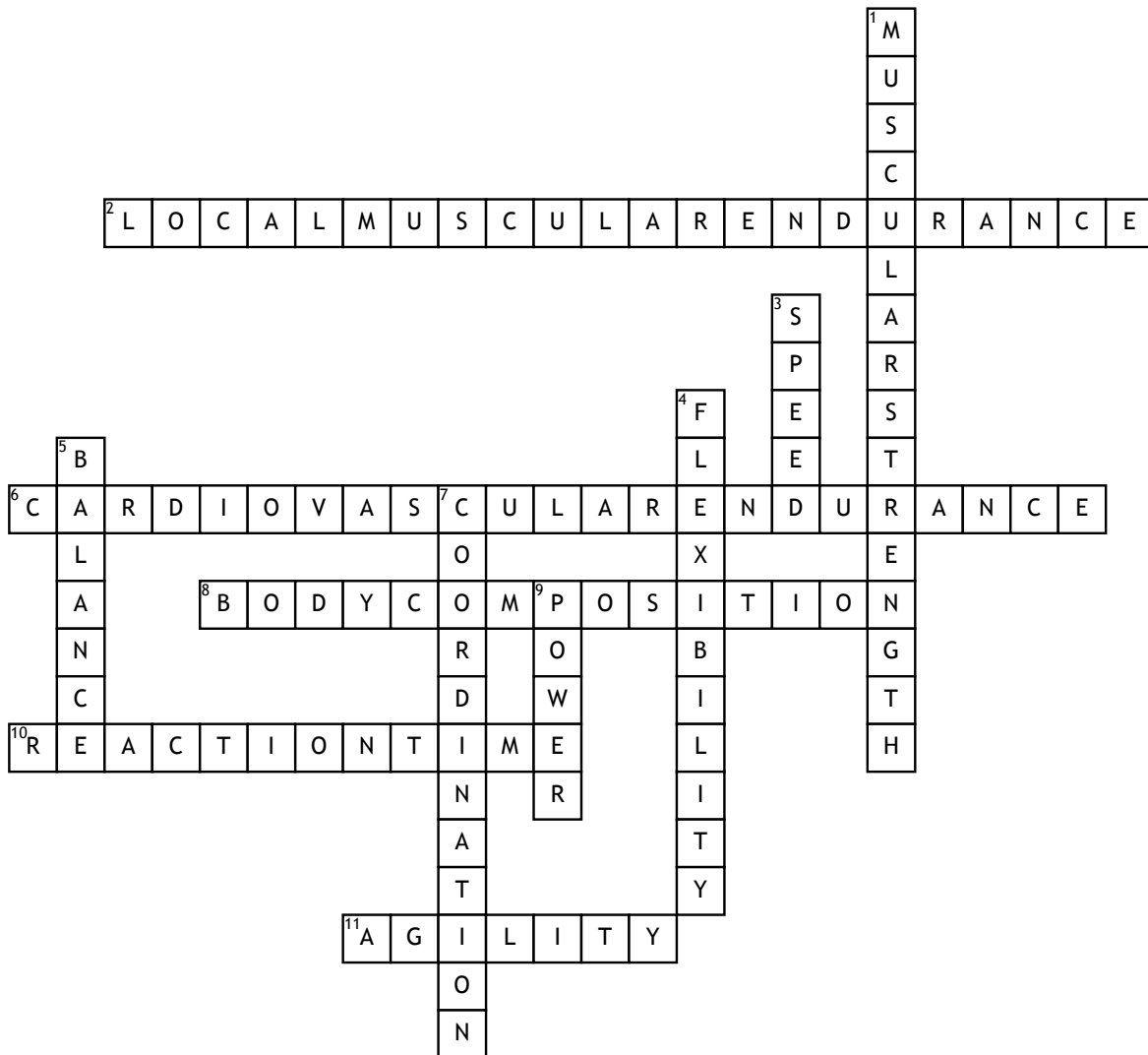


Name: _____

Date: _____

Fitness Components



Across

2. One muscles ability to perform continuous work.
6. The ability of the heart to send out blood to different muscles and their ability to use the blood.
8. Measuring the amount of fat, bone and muscle to determine the percentage of body weight that is made up of fat.
10. The amount of time to respond to a stimulus.
11. Its fitness test is known as the T-test

Down

1. The extent to which muscles exert force by contracting against resistance.
3. Perform a quick movement or movements.
4. Its fitness test is known as sit and reach
5. Ability to control the body's position.
7. Using a variety of fitness components to achieve effective movements.
9. The ability to use maximum muscular contraction instantly in a burst of movements.