

Name: _____

Date: _____

Health and Skill Components of Fitness

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

cardiovascular endurance
body composition
coordination
frequency
moderate
muscles
power
heart
easy

muscular endurance
carbon-dioxide
flexibility
intensity
balance
aerobic
speed
time

muscular strength
reaction time
anaerobic
duration
agility
oxygen
blood
hard