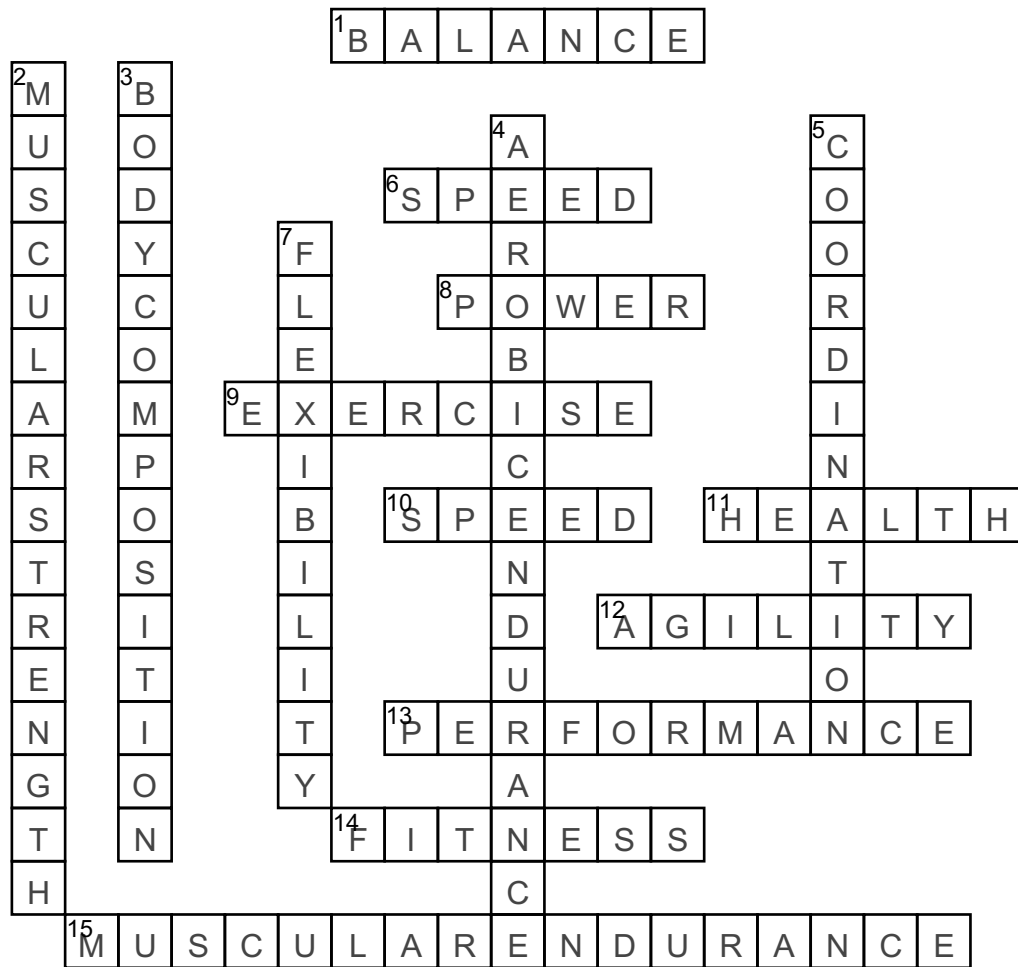


Components of Fitness



Across

- The ability of the performer to retain their centre of mass over their base of support
- The amount of time it takes for a performer to initiate movement after the presentation of a stimulus.
- A combination of strength and speed – it is the ability to do strength performances quickly (power = strength × speed).
- A form of physical activity done primarily to improve health and physical fitness
- The rate at which a performer is able to perform a movement or cover a set distance.
- A state of complete mental, physical and social well-being, and not merely the absence of disease or infirmity.
- The ability of the performer to change the position of their body quickly, whilst keeping their entire body under control
- How well a task is completed.
- The ability to meet the demands of the environment.
- The ability to use voluntary muscles many times without getting tired

Down

- The amount of force a muscle can exert against a resistance.
- The ratio of muscle, bone and fat in the body.
- The ability to exercise the entire body for a long period of time. It relates to the efficiency of the heart and lungs.
- The ability of the performer to move two or more body parts accurately and smoothly in response to stimuli from the senses.
- The range of movement possible at a joint or series of joints.