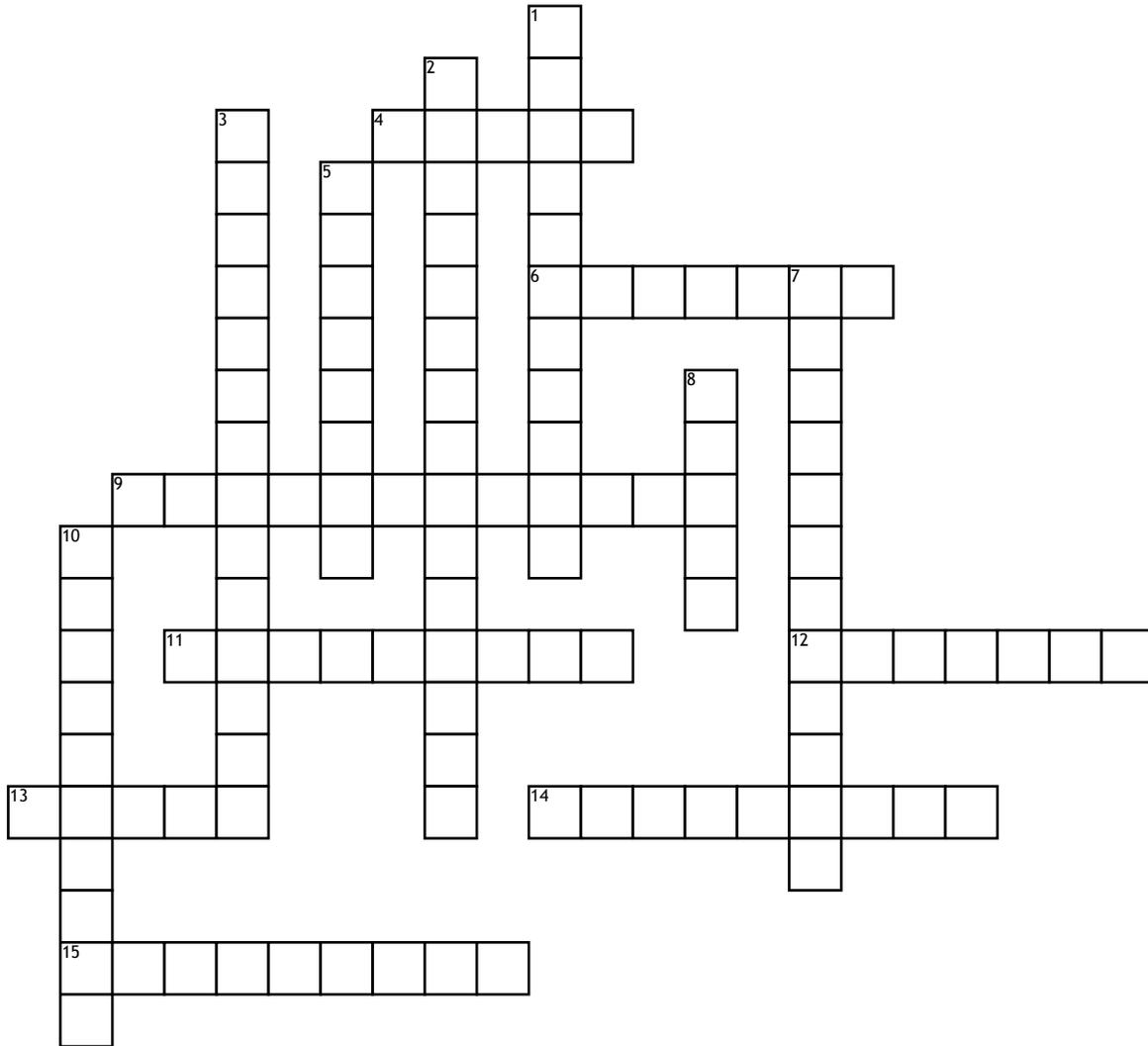


Name: _____

Date: _____

Physical Fitness



Across

4. ability to perform with strength at a rapid pace
6. a skateboarder, gymnast, and tight rope walker all have good _____
9. the time it takes to start a movement once your senses signal the need to move
11. nourishment or energy that is obtained from eating a balanced diet
12. to change direction rapidly

13. the human body is made up of 70% of _____
14. without oxygen
15. performing continuous sit ups is an example of muscular _____

Down

1. ability of the joint to move through its range of motion
2. amount of fat mass compared to lean muscle mass, bone and organs

3. cross country runners, swimmers, and cyclists demonstrate _____ endurance
5. muscular _____ is the maximal force a muscle produces in one contraction
7. athletes have good integration of eye, hand, and foot movements
8. ability to cover a distance in a short amount of time
10. this food group contains vitamins and minerals