

Components of Fitness

Name: _____

1. An even distribution of weight to hold a position and remain steady.
A Agility B Stamina C Speed D Balance
2. How fast someone or something can cover a set distance.
A Muscular Endurance C Balance
B Reaction Time D Speed
3. The ability of the heart, lungs and blood vessels to deliver oxygen to working muscles and tissues.
A Co-Ordination C Muscular Strength
B Body Composition D Stamina
4. The ability for muscles to work for prolonged periods of time.
A Muscular Endurance C Balance
B Muscular Strength D Flexibility
5. A combination of speed and force.
A Muscular Strength C Balance
B Power D Agility
6. The maximum amount of force that a muscle can exert against some form of resistance in a single effort
A Balance C Muscular Endurance
B Power D Muscular Strength
7. The quality of bending easily without breaking.
A Agility B Stamina C Flexibility D Power
8. The speed that someone can move and change direction.
A Muscular Endurance C Agility
B Reaction Time D Balance
9. The overall weight and size of a person and the proportion of that weight made up of muscle, fat or bone
A Muscular Strength C Reaction Time
B Body Composition D Co-Ordination
10. The ability to use different parts of the body together smoothly and efficiently.
A Co-Ordination C Muscular Endurance
B Reaction Time D Balance
11. the length of time taken for a person or system to respond to a given stimulus or event.
A Agility C Muscular Strength
B Body Composition D Reaction Time