

Components of Fitness

Name: _____

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

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