10 Components of Fitness

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| **Across**  **3.** The range of movement at a joint.  **7.** The ability to use voluntary muscles, over long periods of time without getting tired.  **8.** The ability to exert a large amount of force in a single maximum effort.  **9.** Time taken to cover a set distance.  **10.** Ability to move two or more body parts at the same time. | **Down**  **1.** The ability of the heart and circulatory system to meet the demands of the body for a long period of time.  **2.** The time between the presentation of a stimulus and movement.  **4.** The combination of speed and strength.  **5.** Ability to change direction with speed.  **6.** Ability of the performer to retain their centre of mass over their base of support. |