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. |