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Components of Fitness

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| **Across****5.** Standing stalk test which component**9.** Low repetition and high weight increases?**10.** High repetition and low weight improves ?**11.** The wall ball test, tests which component**15.** If you have good strength and speed you will have what type of muscles**16.** Ability to retain centre of mass over base of support =**18.** A rower requires which component most ?**19.** Having good flexibility means there is greater pliability of....**20.** A long jumper will require a powerful take off, combining speed & ................**21.** A high jumper needs which component the most?**25.** What test would a basket baller use to measure power**26.** If you have better endurance you can prevent...**27.** A swimmer with show high levels of this component when starting a race**28.** A footballer and lacrosse player both require this component to receive the ball more successfully | **Down****1.** What event would require a good level of cardiovascular endurance**2.** Change of direction under speed and control describes which component**3.** Oxygen debt occurs after .......... respiration**4.** What component is most important for a sprinter**6.** ........... Respiration is exercise with O2**7.** What is stamina also known as**8.** Range of movement around a joint defines ?**12.** Which component is most beneficial to a netballer**13.** Identify a test that is appropriate for a dancer to test flexibility**14.** Reaction time is amount of time it takes to initiate a movement after presentation of a ........**17.** What is the test for cardiovascular endurance (4 letters)**22.** What athlete is 30m sprint test most valid for?**23.** If you are moving but remain under control, what type of balance is this?**24.** Ensuring the same person, same distance/ surface is used increases the ......... of the test |