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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 |