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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Key Words - Types of training and components of fitness

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

   Reaction time       Muscular endurance       Muscular strength       Co-ordination       Agility       Power       Flexibility       Speed       Cardiovascular endurance       Weight training       Continuous training       Fartlek training       Circuit training