

Match the Fitness Components to an Activity:

- A. Riding a bike for 1 hour**
- B. Doing the splits**
- C. Climbing the rope**
- D. Jogging**

- 1. Cardiovascular Fitness _____ (A) (B) (C) (D)
- 2. Muscular Strength _____ (A) (B) (C) (D)
- 3. Muscular Endurance _____ (A) (B) (C) (D)
- 4. Flexibility _____ (A) (B) (C) (D)



Match the Fitness Components to its meaning: 5th

- A. Ability of your muscles to exert a maximal effort**
- B. Ability of your muscles to stretch**
- C. Ratio of muscle to fat in your body**
- D. Ability of the heart and lungs to get oxygen to your muscles**
- E. Ability of your muscles to repeat a motion without fatigue.**

1. Cardiovascular Fitness _____ (A) (B) (C) (D) (E)
2. Muscular Strength _____ (A) (B) (C) (D) (E)
3. Muscular Endurance _____ (A) (B) (C) (D) (E)
4. Flexibility _____ (A) (B) (C) (D) (E)
5. Body Composition _____ (A) (B) (C) (D) (E)

- F. React to a stimulus**
- G. Start & stop very quickly**
- H. Move forcefully**
- I. Move a distance in a short period of time**
- J. Using senses to move arms & legs together**
- K. Maintain equilibrium**

6. Speed _____ (F) (G) (H) (I) (J) (K)
7. Balance _____ (F) (G) (H) (I) (J) (K)
8. Power _____ (F) (G) (H) (I) (J) (K)
9. Agility _____ (F) (G) (H) (I) (J) (K)
10. Coordination _____ (F) (G) (H) (I) (J) (K)
11. Reaction Time _____ (F) (G) (H) (I) (J) (K)

