

Test 1 Components of Fitness / Diet

1. Body need this for growth and repair
2. The ability to change the body's position and direction quickly
3. The state of the body where heart, lungs and other systems are working well and you have no illness or injury
4. The force a muscle can exert when they contract
5. Body needs for energy, protection and warmth
6. The ability of your muscles to maintain and repeat contractions over a long period of time
7. The ability to hold a position without wobbling
8. State where you have enough food, clothing, shelter, friendship and support
9. The range of movement around a joint
10. The amount of energy needed just to stay alive, awake and comfortably warm.