Directions: Identify the components of Physical Fitness Test by choosing the correct answer in the box below.

A. Flexibility	B. Body Composition	C. Speed	D. Reaction Time	E. Physical Fitness Test
F. Power	G. Balance	H. Muscular Strength	I. Agility	J. Push-Up
K. Short Term	L. Juggling	M. Leisure	N. Muscular Endurance	O. Cardiovascular
P. Physical Fitness				

_____ 1. Ability of the muscles to function effectively and efficiently without undue fatigue

_____ 2. It is a set of measure designed to determine the level of physical fitness.

_____ 3. Ability of the joints and muscle to move through in full range of motion

_____ 4. It refers to proportion of lean body mass to fat free body mass.

_____ 5. Ability of an individual to quickly shift or change direction of the body from one point to the other.

_____ 6. Ability to perform a movement in one direction in the shortest period of time.

_____ 7. It is the amount of time it takes to respond to a stimulus

_____ 8. It refers to the maintenance of equilibrium while stationary or while moving.

_____ 9. Ability to perform one maximum effort in the shortest possible time. It is a product of both strength and speed.

_____ 10. It refers to the amount of free time left after doing the entire daily activities were accomplished.

_____ 11. It is a term goal plan that requires a limited amount of time.

_____ 12. Its purpose is to measure strength of upper extremities

_____ 13. It refers to measure the coordination of eye and hand.

_____ 14. The ability of the muscle to exert maximal effort in a brief duration.

_____ 15. It is defined as the maximum pull or push that can be exerted one time by muscle group.

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