

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

# Chapter 14 Fitness

1. Allows joints to move through range of motion, bend and recover
  2. Lean muscle mass increases and reduces excess fat
  3. Supports ongoing activity of heart, lungs, and blood
  4. Works harder and longer without fatigue
  5. Anaerobic, splits creatine phosphate
  6. Splits, energy allows contraction, generates heat
  7. Uses fatty acids, amino acids, and glucose
  8. Anaerobic breakdown of glucose to pyruvate
  9. Prevents muscle breakdown
  10. Aerobic activities, like running stimulate the synthesis of \_\_\_\_\_.
- A. Lactic acid system
  - B. Mitochondria
  - C. Muscle Endurance
  - D. Insulin
  - E. Body Composition
  - F. Phosphagen System
  - G. ATP
  - H. Aerobic System
  - I. Cardiorespiratory Endurance
  - J. Flexibility