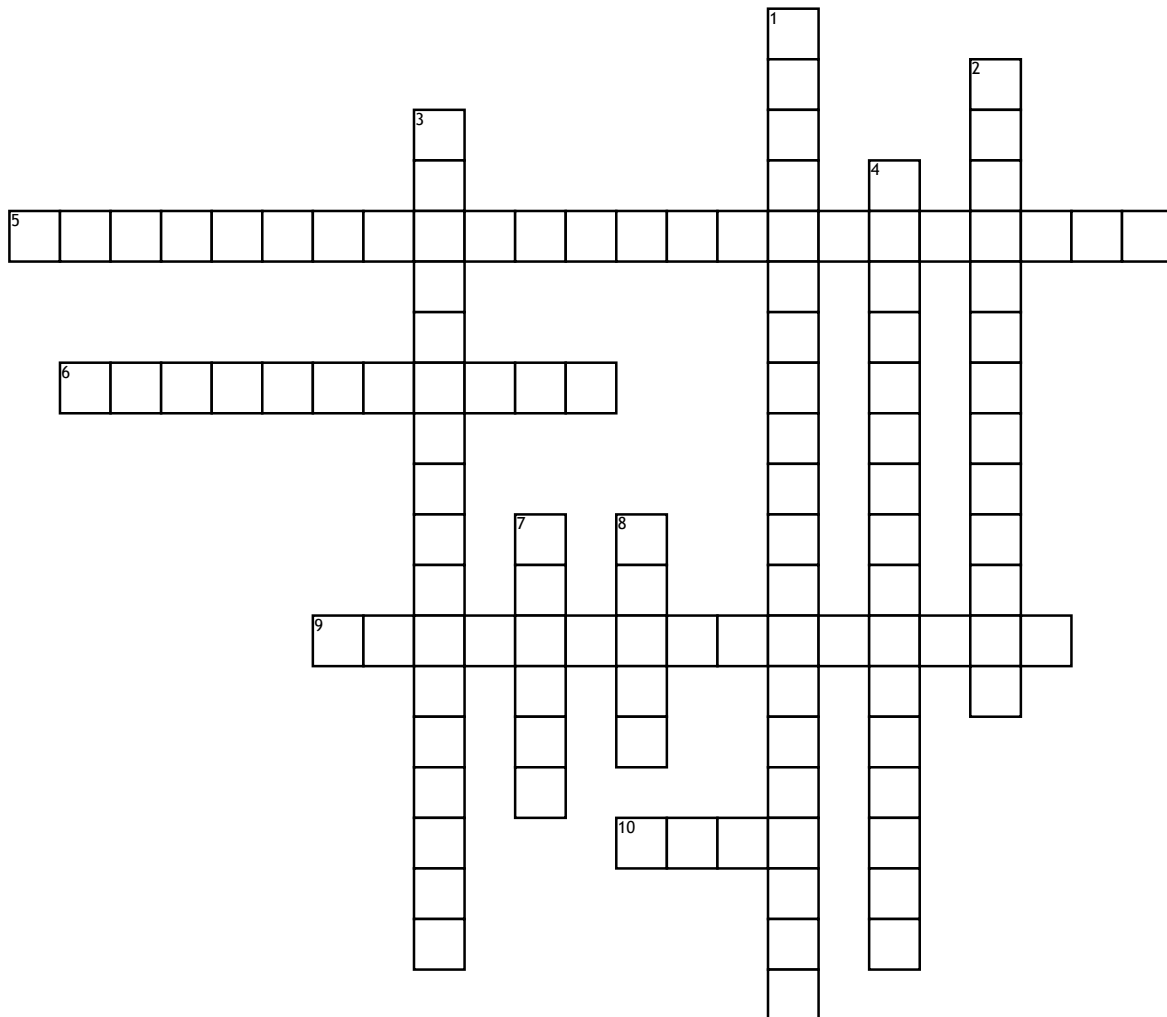


Name: _____ Date: _____

Fitness unit Vocabulary



Across

5. A measure of how well you can do exercises that involve your whole body at moderate to high intensity for an extended time. Ex. Running, Biking, Rowing

6. a health-related component of physical fitness that relates to the range of motion available at a joint

9. refers to the percentage of fat, bone, and muscle in your body. Doctors use body composition to see if you're at a healthy weight for your individual body

10. How many components of health related fitness are there?

Down

1. comprised of the upper and lower extremities, which include the shoulder girdle and pelvis

2. the part of the skeleton that consists of the bones of the head and trunk of a vertebrate

3. The ability of a muscle or group of muscles to perform repetitive contractions against a force for an extended period of time. (Ex. Plank , Wall Sits, Flexed arm hang)

4. The measure of a human's exertion of force on things / objects (Ex. Push up, Squats)

7. a large muscle in the upper arm which turns the hand to face palm uppermost and flexes the arm and forearm.

8. What is the longest bone in your body?