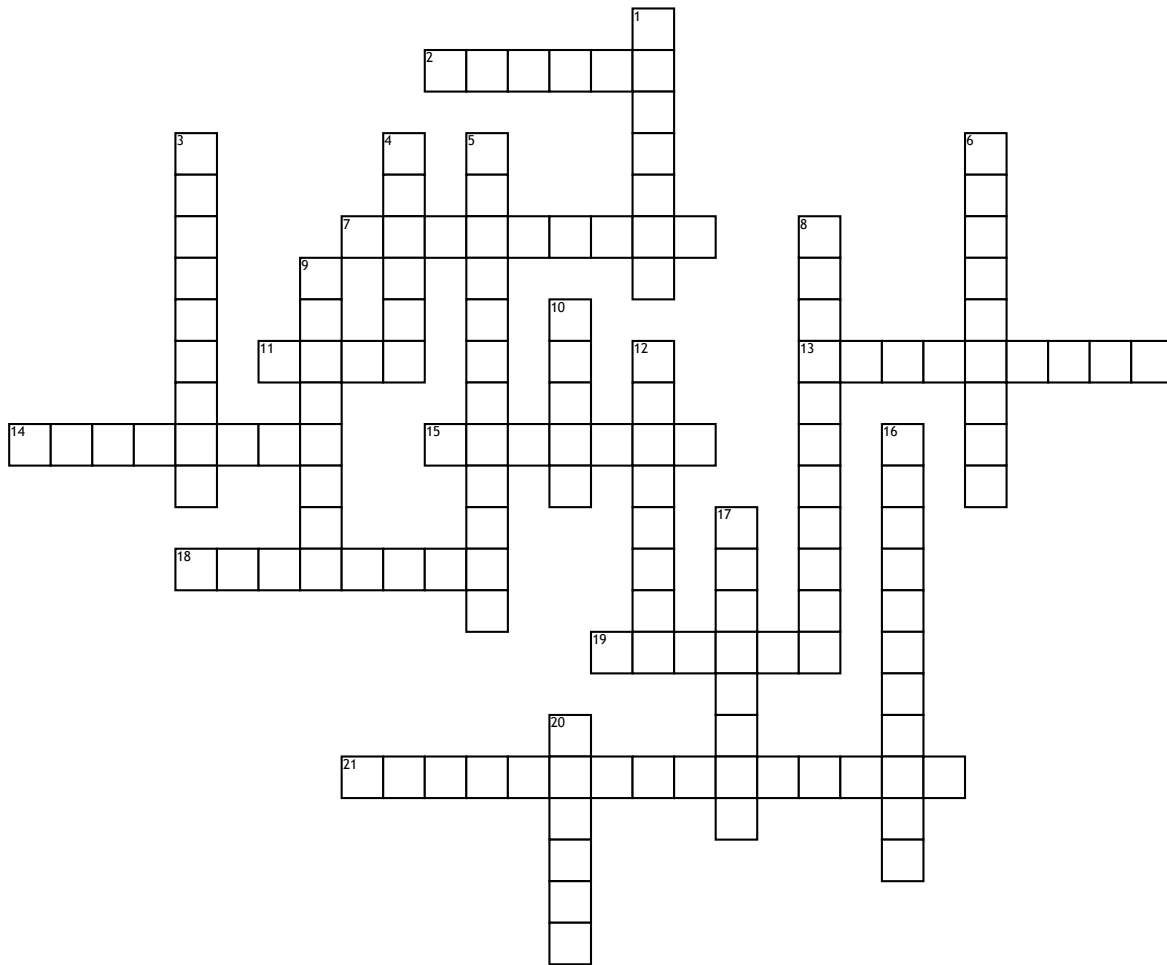


Name: _____ Date: _____ Period: _____

Health- Chapter 3 Vocabulary



Across

2. A tissue that contracts and extends to cause movement.

7. This type of exercise does not require so much oxygen

11. Blood vessel that carries blood back to the heart from all parts of the body.

13. The smallest type of blood vessel

14. Physical activity that improves or maintains fitness is called_____.

15. The ability to handle the physical work and play of everyday life without becoming tired.

18. Gentle exercises that let your body adjust to ending a workout.

19. Blood vessel that carries blood away from the heart

21. Synthetic compounds that cause muscle tissue to develop at an abnormally high rate.

Down

1. This type of exercise is the best way to build heart and lung endurance.

3. The ability to perform vigorous physical activity without getting overly tired.

4. Tissue that joins muscle to muscle or muscle to bone

5. Exercising too hard or too often, without enough rest in between.

6. Strong, flexible tissue that cushions bones and supports soft tissues is called _____.

8. Group of organs and tissues that transport essential materials body cells and remove their waste products.

9. The system that consists of bones, joints, and connecting tissue

10. A place where two or more bones meet.

12. The system that consists of tissues that move parts of the body and operate internal organs.

16. The ability to move joint fully and easily.

17. The ability of muscles to exert a force.

20. The yellowish, watery portion of blood