

Name: _____ Date: _____ Period: _____

Important Fitness Terminology

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| 1. Value derived from the mass and height of a person | A. Progression |
| 2. Total range of motion in a joint or joints | B. Strength |
| 3. Muscles ability to generate force | C. Anaerobic |
| 4. Body's ability to resist fatigue | D. Aerobic |
| 5. ability to move two or more body parts under control | E. Power |
| 6. Gradual increase in work performed to increase physical fitness. | F. Intensity |
| 7. Exercise with oxygen | G. Pulse |
| 8. Exercise without oxygen | H. Frequency |
| 9. How often you exercise | I. Circuit |
| 10. How hard your body is working | J. Coordination |
| 11. Number of times your heart beats per minute | K. BMI |
| 12. Caused by pressure of the blood of an artery wall and corresponds to the heartbeat | L. Cardio |
| 13. Exercise that elevates the heart rate to pump oxygen and nutrient | M. Rehabilitation |
| 14. Choosing an exercise for its desired benefits | N. Specificity |
| 15. Combination of speed and strength | O. Blood pressure |
| 16. Force by which blood is pushed against the blood vessel walls | P. Agility |
| 17. Ability to change position quickly | Q. Heart rate |
| 18. Series of exercises that are performed one after another with little to no rest in between. | R. Flexibility |
| 19. Restoring someone to health or normal life through training and therapy | S. Endurance |
| 20. Number of times an exercise is repeated within a single exercise "set" | T. Repetition |