

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

# PE TERMS

W O P R V G I S O T O N I C A G W M Q F E F H U  
L K M E A P H A E C P Y I G P I F G S M U T L V  
C R U S T D N A B L R T K Z X K M Y X Y G R V C  
A S S P W C K N H H E R V C J G M V C N A D A B  
R C C I Q R R T L N K I N L Z N D W E N S R D B  
D I U R V U X G I N A S S Z F D D R G K D L B F  
I R L A H I D K I O E K G K P D T E I I K G L R  
O T A T E Z O E M V R K F C G S O Y O E O E Z R  
V E R O E S V B X H O D H T R F R V A M X A D L  
A M E R I I X F N L B X W A M E A N F I J I Q G  
S O N Y B A I R B G I J L O V S A W B Z T I S Z  
C Y D S X I S J R B C U T O C E L I O V P D M C  
U L U Y N H F Z T C C I C U R K L N B V Q M U V  
L P R S M V K U T S O E L O K I O P M Z R M K T  
A G A T J I U B U N R A B K T M X G U H Z F O C  
R S N E L W Z M C D R I J Y H V F Y H S D C D S  
S L C M A N W V N F C A L I S T H E N I C S U Q  
Y D E U M R T A I J R U C X V T Y W V B R Z P U  
S Z V P W H T T E T A R T R A E H L A M I X A M  
T N H F G S N E T M C S C O W I G C N H T B Z S  
E V I K E E Y W R D V P I H K I S O M E T R I C  
M Z Q R S T P L W Y A O V W D I O K B B R J T M  
A X D S V Y C K Y T I L I B O M R E P Y H P H H  
F R T B N P R O N E R E P E T I T I O N M A X Q

cardiovascular fitness  
maximal heart rate  
muscular strength  
hypermobility  
plyometrics  
isometric  
artery

cardiovascular system  
respiratory system  
rest and recovery  
calisthenics  
isokinetic  
isotonic  
vein

muscular endurance  
one repetition max  
range of motion  
flexibility  
anaerobic  
aerobic