

Name: _____ Date: _____ Period: _____

Physical Fitness Terms

cardiovascular endurance

muscular endurance

anaerobic exercise

muscular strength

physical activity

body composition

aerobic exercise

physical fitness

reaction time

flexibility

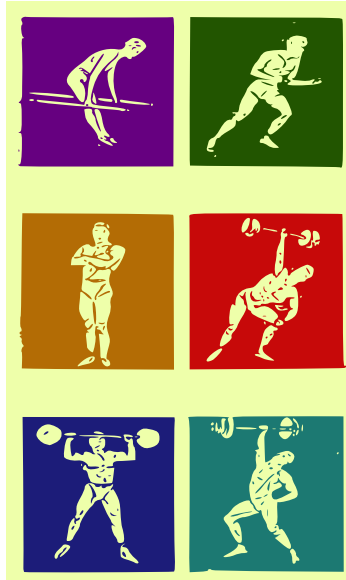
exercise

balance

agility

power

speed



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