

Name: _____

Date: _____

STARTER ACTIVITY - FITNESS KEY WORDS

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

Bioelectrical Impedance

vertical jump

sit up test

Suitability

Validity

Multistage fitness test

Grip strength

flexibility

Reliability

aerobic

press up test

Practicality

sprint test

endurance

power