

Name: _____

Date: _____

Unit 1 - Fitness for Sport and Exercise

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

SkillRelatedFitness

PhysicalFitness

Reversability

TrainingZone

Specificity

Adaptation

Ballistic

Variation

Intensity

Frequency

BorgScale

HeartRate

Recovery

Overload

Static

MaxHR

Rest

Type

Time

PNF