

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

# Vocabulary Final Exam

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|---|--------------------------------|
| 1. Index for assessing overweight and underweight   | A. Coordination                |
| 2. Measurement of how well your heart, lungs, muscles work together to keep your body active over an extended period of time  | B. Overload                    |
| 3. Ability of a muscle or group of muscles to repeatedly exert force against resistance                                       | C. Body Mass Index             |
| 4. Plan or method for obtaining a specific goal or result   | D. Heat Stroke                 |
| 5. Refers to the use of oxygen in muscles energy generating process. (with oxygen)  | E. Agility                     |
| 6. Workouts must increase in difficulty, intensity, or duration. To become stronger, you must do more.                        | F. Dehydration                 |
| 7. Short lasting, high intensity activity, where your body's demand for oxygen exceeds the oxygen available. (without oxygen) | G. Muscular endurance          |
| 8. States that there is a perfect level of overload in between a too-slow increase and a too-rapid increase.                  | H. Progression                 |
| 9. Ability to move quickly and easily   | I. Aerobic Exercise            |
| 10. Time it takes for a person to react to a certain stimulus   | J. Balance                     |
| 11. Ability to use different parts of the body together smoothly and efficiently  | K. Cardiorespiratory endurance |
| 12. Equal distribution of weight  | L. Static Stretching           |
| 13. Occurs when the body's heat regulating system is overwhelmed by excessive heat. (most severe)                             | M. Anaerobic Exercise          |
| 14. Type of stretch that is held in a challenging but comfortable position for a period of time usually between 10-30 seconds | N. Reaction Time               |
| 15. Abnormal loss of water from the body, especially from illness or physical exhaustion.                                     | O. Dynamic Stretching          |
| 16. Type of stretch performed by moving through a challenging but comfortable range of motion repeatedly usually 10-12 times. | P. Strategy                    |