Fitness Word Bank

Name: _____   **Period**_____

Write the following words from the work bank to help fill in blank spaces.
HAVE FUN!

Cardiovascular fitness	Set	Frequency	Reaction time	Isokinetic
Physical fitness	Flexibility	Extension	Physical activity	Type
Intensity	Coordination	Wellness	Balance	Isometric
Stress	Speed	Biceps	Pectoralis	Adduction
Power	Time	Muscular strength	Hamstrings	Gastrocnemius
Muscular endurance	Repetition	Agility	Abdominals	Health risk factors
Warm-up	Body composition	Quadriceps	Isotonic	Flexion

1. Heredity, gender, age, diabetes, high blood pressure, smoking and drinking are all forms of _____.

2. This acronym (FITT) deals with how one is to exercise or eat in order to have a healthy lifestyle toward being physically fit and nutritionally sound.
_____ - how often something is done.
_____ - how hard something is done.
_____ - how long something is done.
_____ - deals with kind of exercise performed.

3. The push –up will work the _____ muscle.

4. _____ is the state of optimal, physical, mental, and social well-being.

5. These are the five health related fitness components.
_____ deals with the heart and lungs working together.
_____ deals with the ratio of fat to muscle and bone.
_____ deals with muscles being able to last for a long period of time.
_____ deals with having movement about the joints in the body.
_____ deals with lifting something heavy one time.

6. _____ is to bend or contract a muscle.

7. An _____ exercise occurs when muscles contract and there is neither lengthening nor shortening of the muscle.

8. A group of repeated movements performed continuously is known as a _____.

9. Performing arm curls will work your _____.

10. _____ is to stretch, or lengthen a muscle.

11. Performing sit-ups will strengthen your _____.

12. You use your _____ to straighten your knee joint.

13. You use your _____ to bend your knee joint.