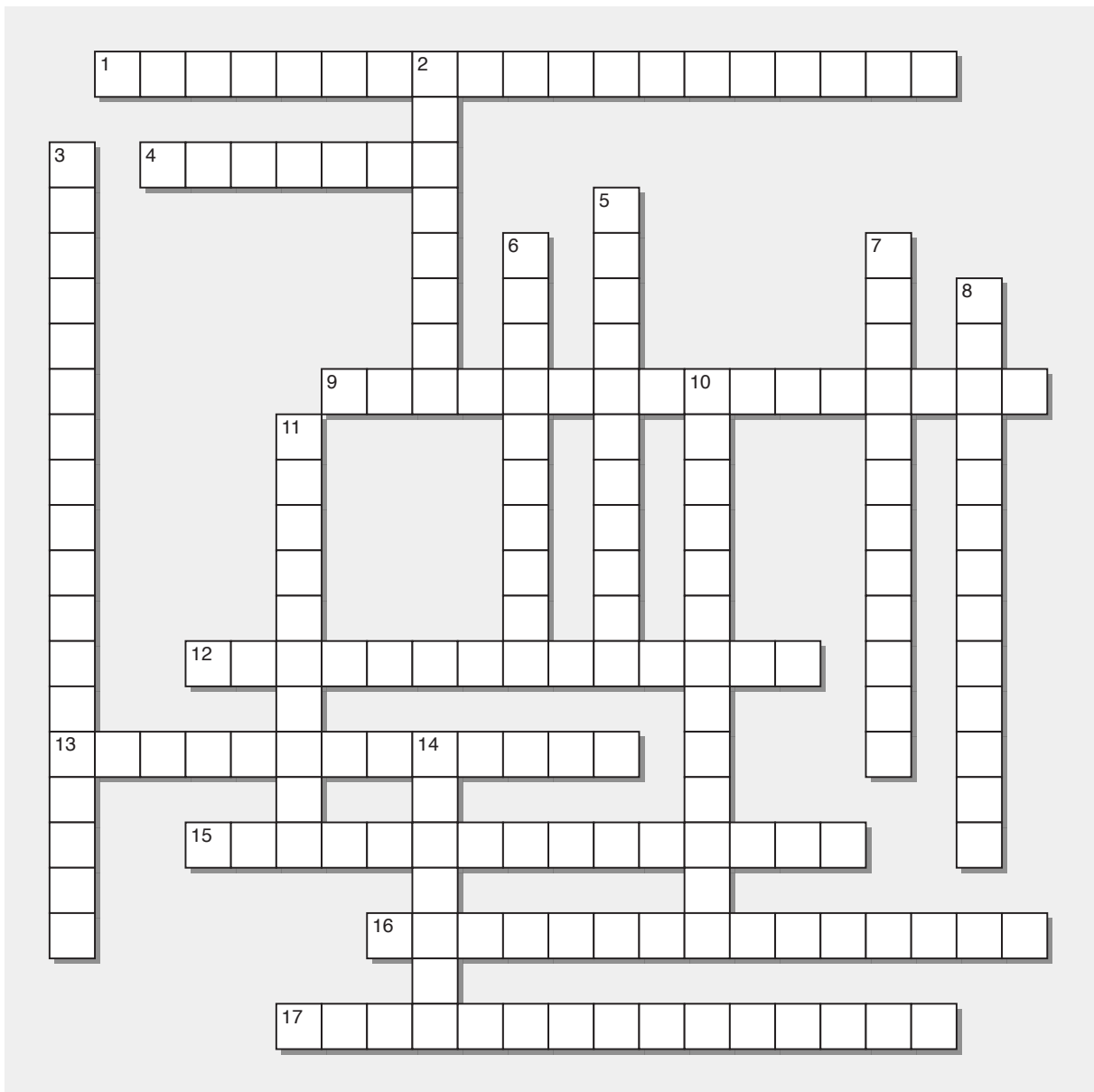




CREATIVE MODE **FITNESS** OPENPhysEd.org

Complete the puzzle using the academic language vocabulary words from this module.

Name: _____



Across

1) The energy pathway through which oxygen provides the chemical catalyst for the generation of energy. This system is associated with longer, more sustained forms of physical activity.

4) An even distribution of weight that allows someone or something to stay upright and steady.

9) The average of the heart's beats per minute measured during a specific exercise period.

12) To participate in an activity while showing genuine interest and a desire for excellence.

13) The exchange information from one person or group to another.

15) The study of human movement as it relates to physical fitness and performance.

16) An exercise program in which participants move around a prescribed course, stopping at each station to perform a specified exercise.

17) Measurement of the percentage of fat, muscle, water, and bone found in the human body.

Down

2) Physical activity that requires effort and is carried out to maintain or improve personal health and fitness.

3) The process of mindfully working toward improvement of a skill or ability through trial, error, feedback, and adjustment.

5) The process of working together for a common goal or outcome.

6) The ability to generate, evaluate, and refine ideas, alternatives, or possibilities (both incremental and radical) in order to improve personal and/or community quality of life.

7) A specific way of performing a physical activity or movement to promote safety, enhance benefits, and avoid injury.

8) A personal fitness concept that requires the inclusion of frequency, intensity, time, and type of exercise as four elements necessary for a comprehensive and successful fitness plan.

10) Support, confidence, or hope offered by someone or some event.

11) The ability to successfully and consistently complete a task or perform a skill.

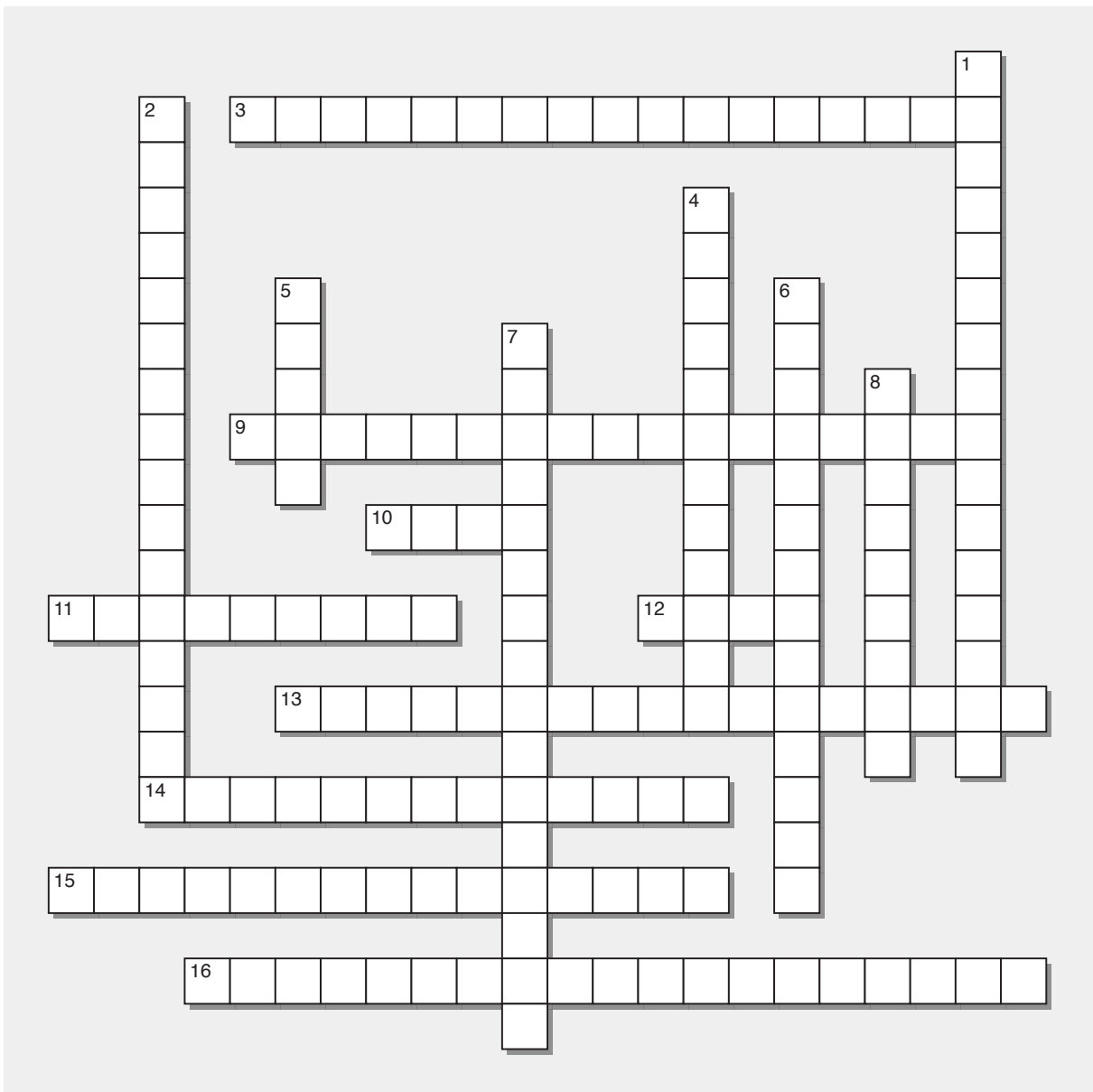
14) The ability to move quickly and easily.



CREATIVE MODE **FITNESS** OPENPhysEd.org

Complete the puzzle using the academic language vocabulary words from this module.

Name: _____



Across

- 3) The ability of a muscle to continue to perform without fatigue.
- 9) An individual goal related to a specific task or area of improvement that extends up to, or just beyond, your current ability.
- 10) High Intensity Interval Training is a form of exercise characterized by a series of short bouts of vigorous exercise followed by periods of rest or moderate exercise.
- 11) The rate at which something occurs or is repeated over a particular period of time.
- 12) To move or work at a steady and consistent speed, oftentimes in order to avoid becoming overly tired.
- 13) How hard an individual feels her/his body is working during a bout of physical activity or exercise.
- 14) A range of heart beats per minute, measured as a percentage of Maximum Heart Rate, identified because specific health benefits are associated with sustained exercise intensity within that range.
- 15) A continuum that moves from worse to better in terms of physical, mental, and emotional health. It represents an individual journey and is unique for every person based on past, current, and future expectations and goals.
- 16) A detailed proposal for achieving individual fitness goals.

Down

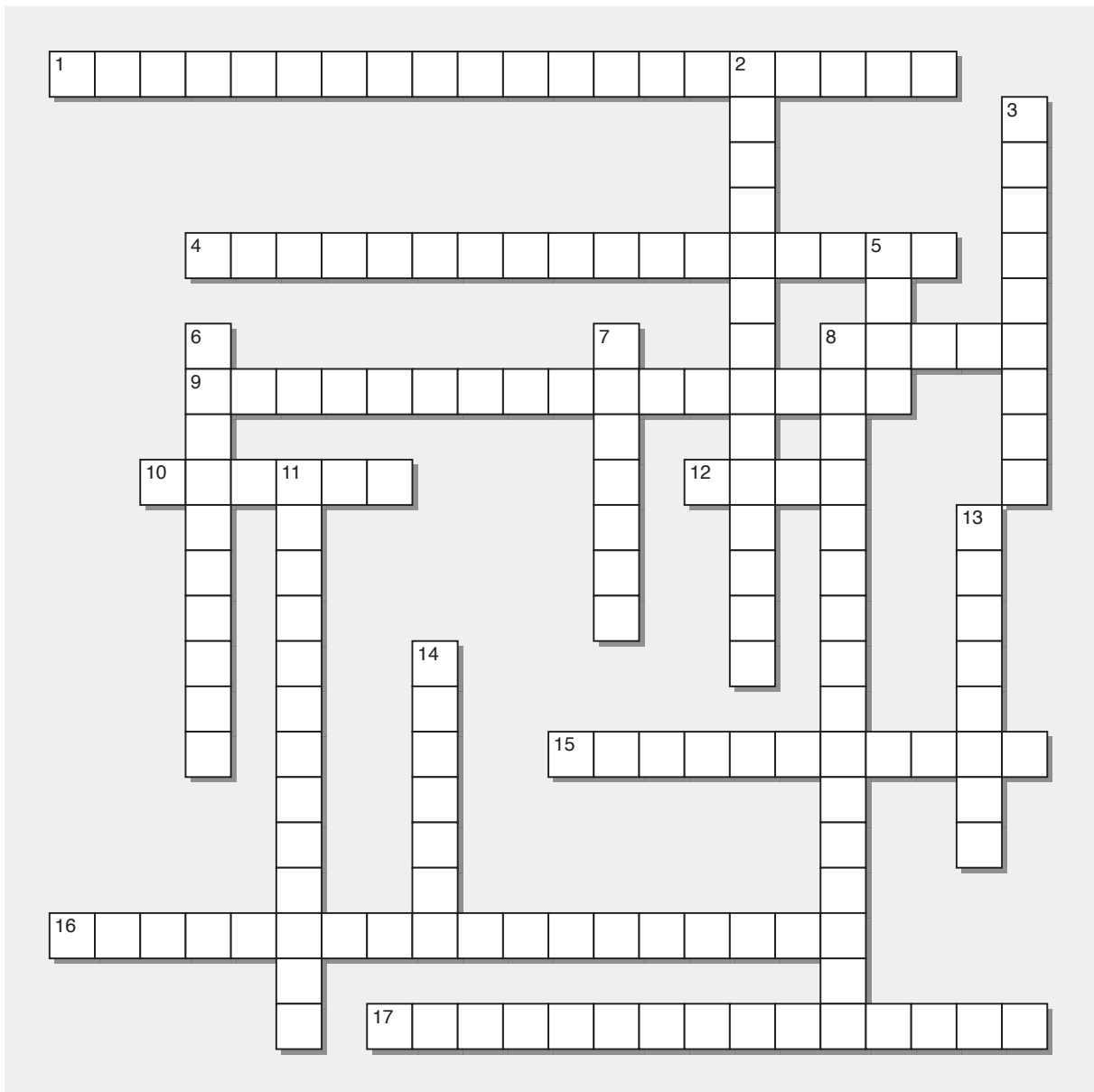
- 1) Wearable technology that measures real-time heart beats per minute.
- 2) The maximum amount of force a muscle can produce in a single effort.
- 4) The highest rate of beats per minute that an individual can achieve through strenuous physical activity.
- 5) The ability to produce maximum force in the shortest time.
- 6) An improvement to a person's overall wellbeing resulting from a physical activity or food choices.
- 7) A way of life that adheres to the principles and practices of wellness and physical fitness. It is characterized by good nutrition, regular physical activity, stress management, and risk avoidance.
- 8) The amount of exertion used when performing an exercise or activity.



CREATIVE MODE **FITNESS** OPENPhysEd.org

Complete the puzzle using the academic language vocabulary words from this module.

Name: _____



Across

1) A group of 6 psychomotor characteristics that contribute to a person's ability to successfully complete a physical performance. The 6 components of Skill-Related Fitness include agility, balance, coordination, power, reaction time, and speed.

4) A measurement of heart rate immediately after a bout of exercise, and then again after a specified time period; commonly 1 and 3 minutes after completion. A person's recovery time is shorter if their cardiorespiratory fitness is better.

8) The ability to propel the body or a part of the body rapidly from one point to another.

9) The lowest number of beats per minute possible when an individual is fully relaxed and without distraction.

10) The condition of being protected against physical, social, and emotional harm.

12) The duration of an event or period.

15) The process of working together for a common goal or outcome.

16) The process of mindfully working toward improvement of a skill or ability through trial, error, feedback, and adjustment.

17) A range in the number of heart beats per minute chosen in order to reach a level of exercise intensity required to gain specific fitness benefits.

Down

2) A form of high intensity interval training characterized by 8 rounds with 20-second intervals of high intensity exercise followed by 10 seconds of rest.

3) A period or act of slowing physiological movement back to normal after a game, performance, or exercise session, involving gentle exercise or practice.

5) The activity category associated with a given exercise (e.g., strength training, cardio, etc.).

6) The ability to generate, evaluate, and refine ideas, alternatives, or possibilities (both incremental and radical) in order to improve personal and/or community quality of life.

7) A brief period of exercise that precedes the workout with the purpose to elevate muscle temperature and increase blood flow to the muscles that will be engaged in a workout, exercise, or competition.

8) The process of using specific strategies in order to reduce anxiety and balance emotional wellbeing.

11) Support, confidence, or hope offered by someone or some event.

13) The combined action and effort of a group of people working toward a goal or purpose.

14) To give assistance, approval, comfort, or encouragement.