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**\_\_\_\_\_\_ is the ability of a muscle to continue to perform without fatigue.**

**\_\_\_\_\_ includes 5 physical fitness components that relate to good health.**

a. Personal challenge

b. Healthy lifestyle

c. Health benefits

d. Perceived exertion

a. Skin Calipers

b. Body Mass Index

c. Healthy Living

d. Body Composition

a. Balance

b. Agility

c. Muscular Endurance

d. Power

a. SMART Goals

b. Health Related Fitness

c. Skill Related Fitness

d. FITT Principles

a. Muscular Strength

b. Agility

c. Speed

d. Muscular Endurance

**One's ability to stretch a muscle or group of muscles is known as \_\_\_\_\_.**

**The ability of the heart, lungs, & blood vessels to pump oxygen and nutrients during long periods of exercise.**

**An improvement to a person’s overall well-being resulting from a physical activity or food choice is called \_\_\_\_\_\_\_\_.**

a. Body Mass Index

b. Body Composition

c. Flexibility

d. SMART Goals

a. Muscular Strength

b. Power

c. Speed

d. Muscular Endurance

a. Efficiency

b. Cardiorespiratory Endurance

c. Muscular Endurance

d. Coordination

**The percentage of fat, muscle, water and bone found in the human body is called \_\_\_\_.**

**\_\_\_\_\_ is the ability to move quickly and easily.**

**3**

**\_\_\_\_\_\_\_\_\_\_\_\_\_ is the maximum amount of force a muscle can produce in a single effort.**

**4**

**51**

**2**

**1**

**6**

**7**

**8**