­­­­­

­

**A person’s psychological and emotional well-being.**

**To put a decision, plan, or agreement into action.**

**To offer support, confidence, or hope to someone else.**

a. Plan

b. Train

c. Design

d. Purpose

**To create a plan with a specific purpose or intention.**

**Which is NOT a component of health-related fitness.**

a. Vigorous Intensity

b. Frequency

c. Moderate Intensity

d. Aerobic Activity

a. Muscular Endurance

b. Muscular Strength

c. Conditioning

d. Power

a. Major Muscles

b. Minor Muscles

c. Primary Push Muscles

d. Secondary Push Muscles

a. Cardiorespiratory Endurance

b. Flexibility

c. Agility

d. Muscular Strength

a. Cooperate

b. Encourage

c. Understand

d. Include

**A rate of movement that can be sustained for long periods of time; increases heart rate, but also allows an individual to easily talk while moving.**

a. Health

b. Wellness

c. Mental Health

d. Personal Health

a. Work

b. Effort

c. Attempt

d. Implement

**The ability of a muscle to continue to perform without fatigue.**

**Abdominals, quadriceps, and biceps are considered \_\_\_\_.**

**3**

**4**

**51**

**2**

**1**

**6**

**7**

**8**