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**Extreme tiredness, generally resulting from physical or mental exertion.**

**The energy pathway which utilizes oxygen as a chemical catalyst and fuels sustained physical activity.**

**A skillful or efficient way of performing an activity.**

1. Heart Rate Monitor
2. Tabata Zone
3. HRM Device
4. Heart Rate Zone

**A range of heart beats per minute identified because of specific health benefits.**

1. Energy Systems
2. Anaerobic Glycolysis
3. Aerobic Glycolysis
4. Aerobic Dance
5. Energy Systems
6. Anaerobic Glycolysis
7. Aerobic Glycolysis
8. Aerobic Dance
9. Active Lifestyle
10. Sedentary Time
11. Community Health
12. Activity Breaks

**A way of life that values physical activity as an essential part of living.**

**2**

**1**

**The correct or appropriate relative positions.**

**How hard an individual feels her/his body is working during a bout of exercise.**

1. Exhaustion
2. Muscle Soreness
3. Fatigue
4. Perceived Exertion

**6**

**51**

1. Form
2. Technique
3. Cues
4. Control

**7**

1. Posture
2. Cues
3. Form
4. Alignment

**8**

**4**

**3**

**The energy pathway through which glucose is transformed without the use of oxygen.**

1. Fatigue
2. Sleep Deprivation
3. Insomnia
4. Restfulness