

October Homework 2009

Student Name: _____ Classroom _____

We've been talking about some of the 5 fitness components in P.E. class. In addition, we have introduced a number of vocabulary words. Please match the definition with the correct vocabulary.

| Vocabulary Word | Answer |
|--------------------------------|--------|
| 1. Oxygen | |
| 2. Muscles | |
| 3. Muscular Endurance | |
| 4. Heart | |
| 5. Lungs | |
| 6. Muscular Strength | |
| 7. Cardiorespiratory Endurance | |
| 8. Flexibility | |
| 9. Energy | |
| 10. Endurance | |
| 11. Blood | |
| 12. Heart Rate | |
| 13. Pacing | |
| 14. Repetitions | |

| Definition |
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| A. A muscle that pumps blood throughout the body |
| B. Repeating a movement. |
| C. The number of the times the heart beats in one minute. |
| D. The fluid that carries oxygen to the muscles. |
| E. The ability of a muscle to push or pull with its total force. Between 1-8 repetitions. |
| F. To run at a comfortable speed without slowing down. |
| G. Parts of the body responsible for movement. |
| H. The ability to keep working or playing for a long time. |
| I. The ability of a muscle to repeat a movement many times or holding a position without stopping to rest. 12 or more repetitions. |
| J. The part of the body that holds the air that a person breathes. |
| K. The ability of the heart and lungs to supply oxygen to muscles during long periods of physical activity. |
| L. The ability to work, move or play. |
| M. The ability of a joint to move through a full range of motion. |
| N. A component of the air a person breathes. |

Due October 30th