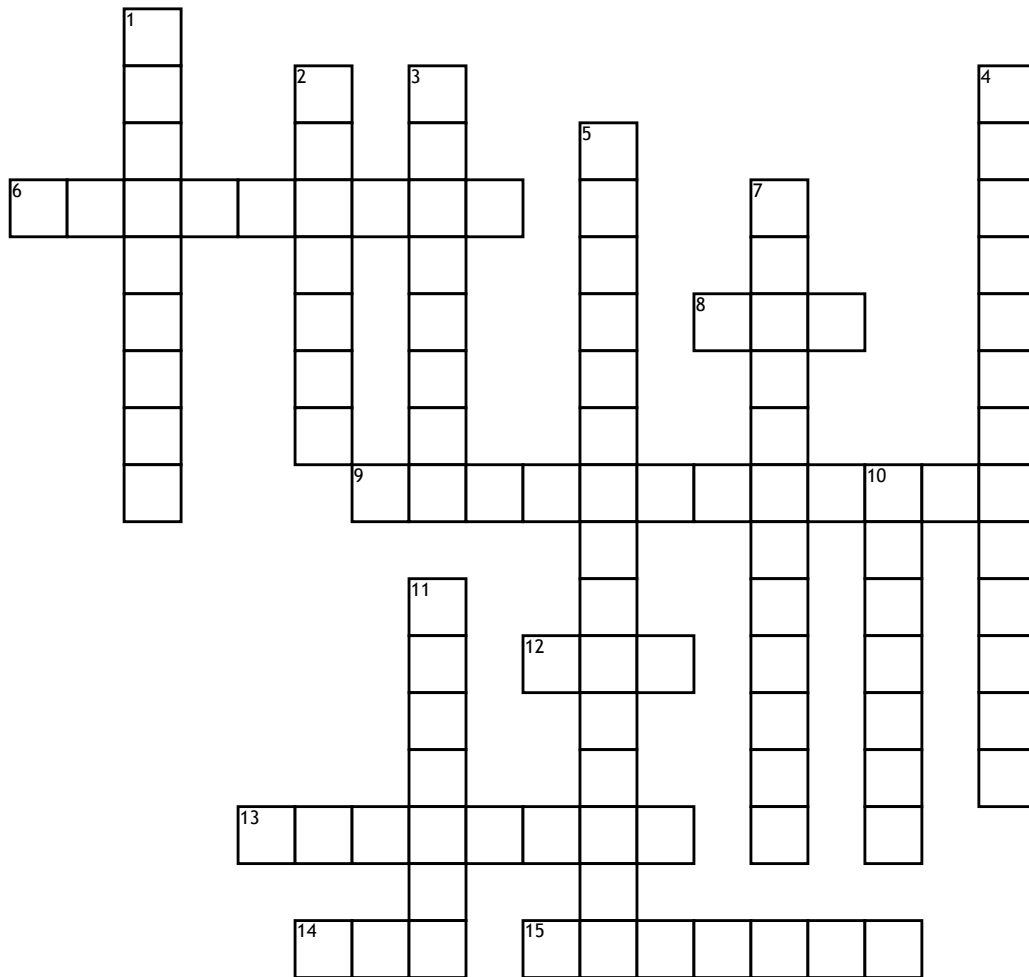


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Ch. 6 Fitness and Health Vocab Terms



## Across

6. rate at which an activity occurs or is repeated over a period of time  
 8. used to measure exercise intensity  
 9. number of times the heart beats per minute while working at its utmost potential  
 12. max oxygen consumption  
 13. blood clot in a vessel  
 14. one metabolic equivalent

15. a unit of heat; can be used to indicate the amount of energy in foods

## Down

1. specific measure of physical exertion during exercise  
 2. condition of being overweight  
 3. insufficient blood supply to a body part

4. amount of pressure on the walls of blood vessels as blood passes through

5. uses max and resting heart rate with desired training intensity to get a target heart rate  
 7. high blood pressure  
 10. exercise that requires the absorbance and transport of O<sub>2</sub>  
 11. the main portion of a fitness program

## Word Bank

VO<sub>2</sub>

blood pressure

intensity

frequency

met

rpe

workout

obesity

ischemia

aerobic

calorie

max heart rate

karvonen formula

thrombus

hypertension