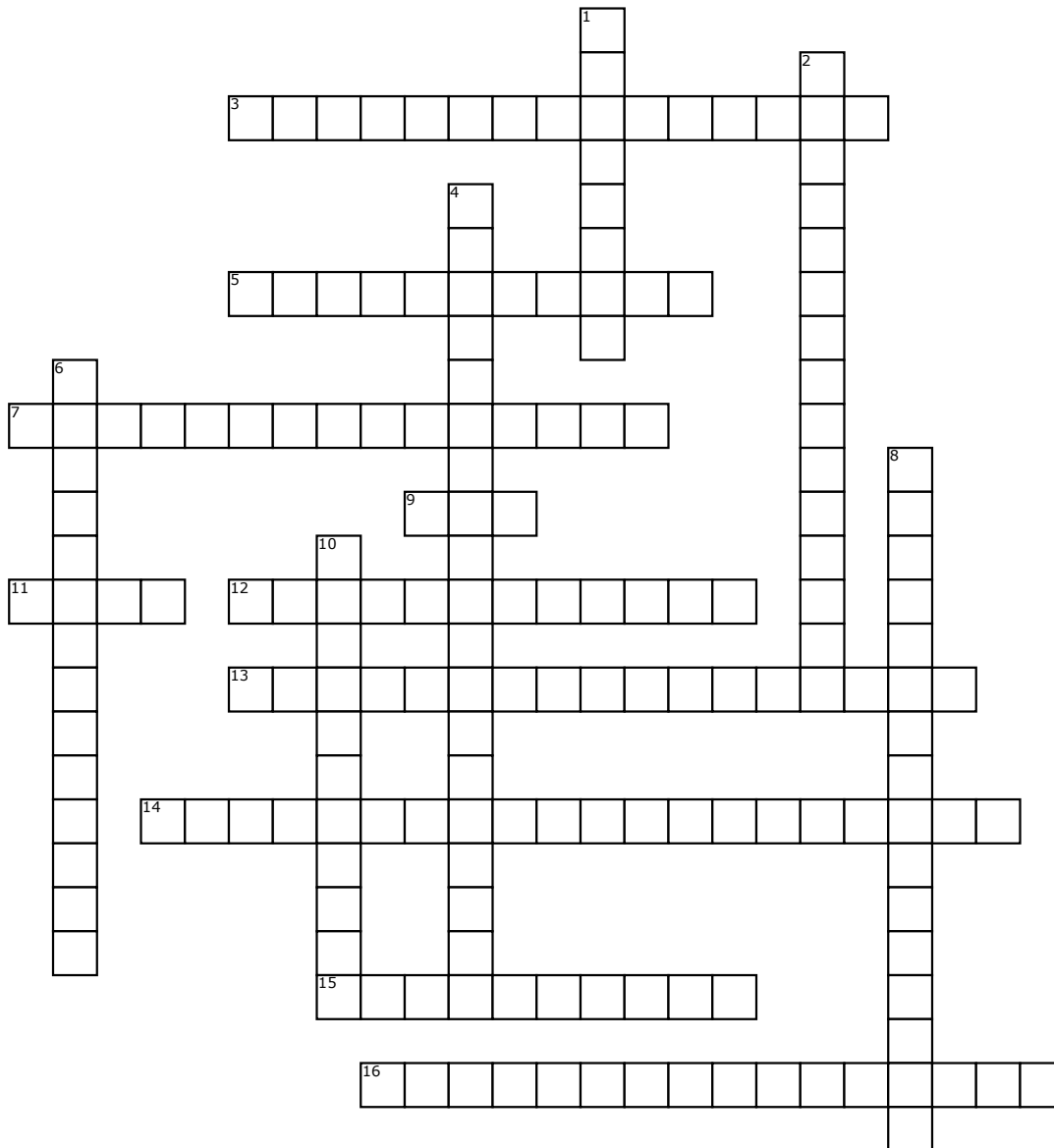


Name: \_\_\_\_\_

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

# Chapter 6 Review (PSA)



## **Across**

**3.** a synthetic version of the male hormone testosterone used for promoting muscle development

**5.** a state in which the body has lost more water than has been taken in

**7.** the ability of the body to perform daily physical activities without getting out of breath, sore, or overly tired

**9.** a fixed number of repetitions followed by a rest period

**11.** a formula made up of four important parts involved in fitness training: frequency, intensity, time, and type of exercise

**12.** a condition that occurs as a result of exceeding the recommendations of the FITT formula

**13.** any product that is taken by mouth that can contain a dietary ingredient and is also labeled as a dietary supplement

**14.** fitness qualities that are necessary to maintain and promote a healthy body

**15.** a sleeping disorder characterized by interruptions of normal breathing patterns during sleep

**16.** a lack of sleep

## **Down**

**1.** an inability to sleep, even if one is physically exhausted

**2.** the body's internal system for regulating sleeping and walking patterns

**4.** a heart rate range within which the most gains in cardiorespiratory health will occur

**6.** a disease that develops gradually and continues over a long period of time

**8.** the number of times the heart beats per minute while at rest

**10.** the number of times an exercise is performed