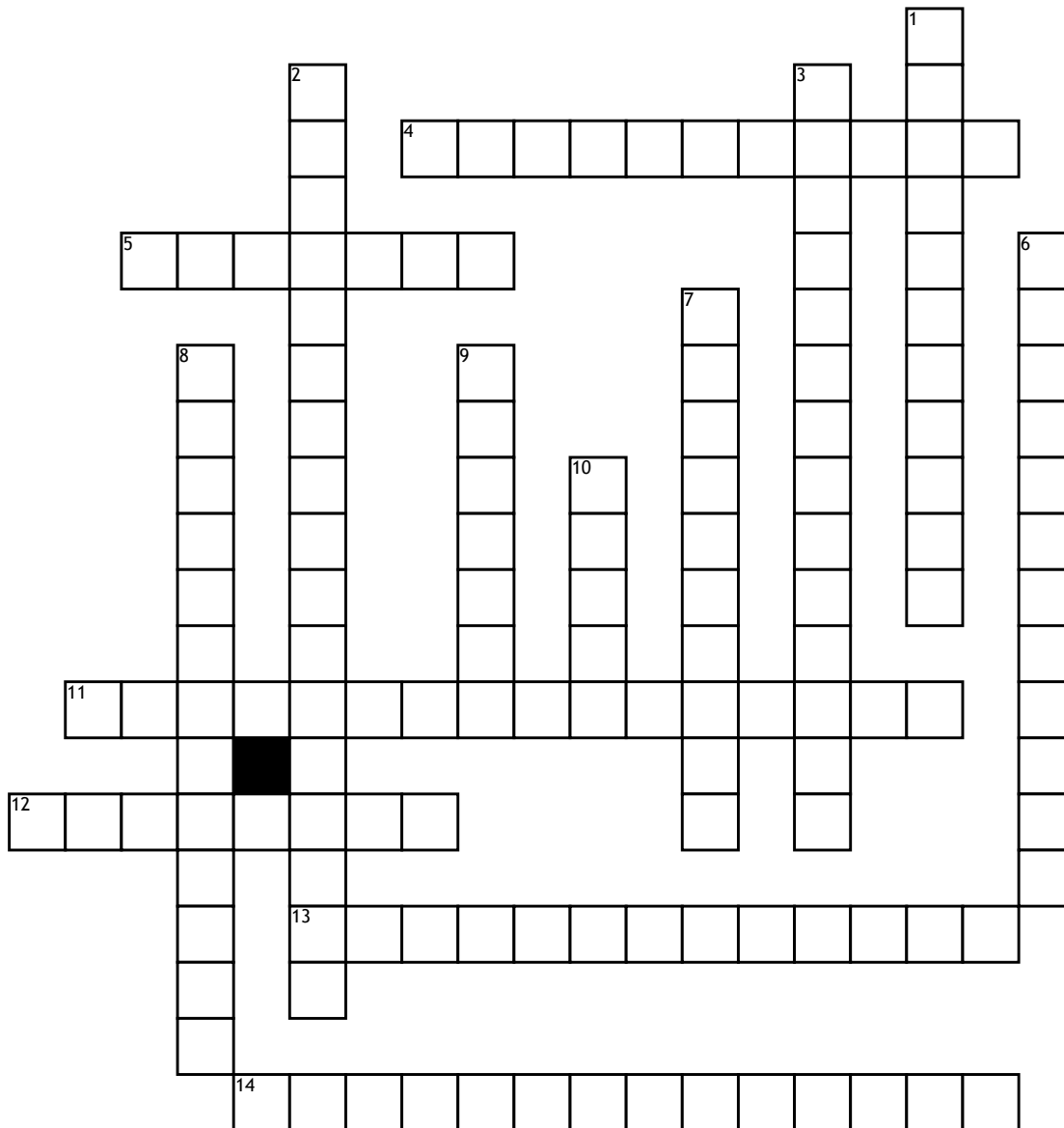


# PF Chapter 4 Vocab



## Across

4. An instrument used to measure grip strength.
5. The large muscle along the back of the upper arm.
11. The amount of force that can be exerted by a single contraction of the muscle.
12. The more effective of a pair of body parts; for example, the dominant hand is the one used most frequently and most often.
13. The large neck artery that is often used to count pulse rate.

14. The highest potential of an individual to be fit; varies from one person to another.

## Down

1. The ability of a joint and muscles group to move through a maximum range of motion.
2. The ability of a muscle group to continue muscle movement over a length of time.
3. Body weight composed of muscle, bone, tendons, ligaments and internal organs.

6. The artery on the inside of the wrist where the pulse can be counted.

7. A test designed to evaluate the response of the cardiorespiratory system to strenuous exercise.
8. A measurement of your body composition, calculated by using height and weight.
9. A device used to measure skinfold body fat obtained by pinching the skin.
10. Where two or more bones meet and form a junction.