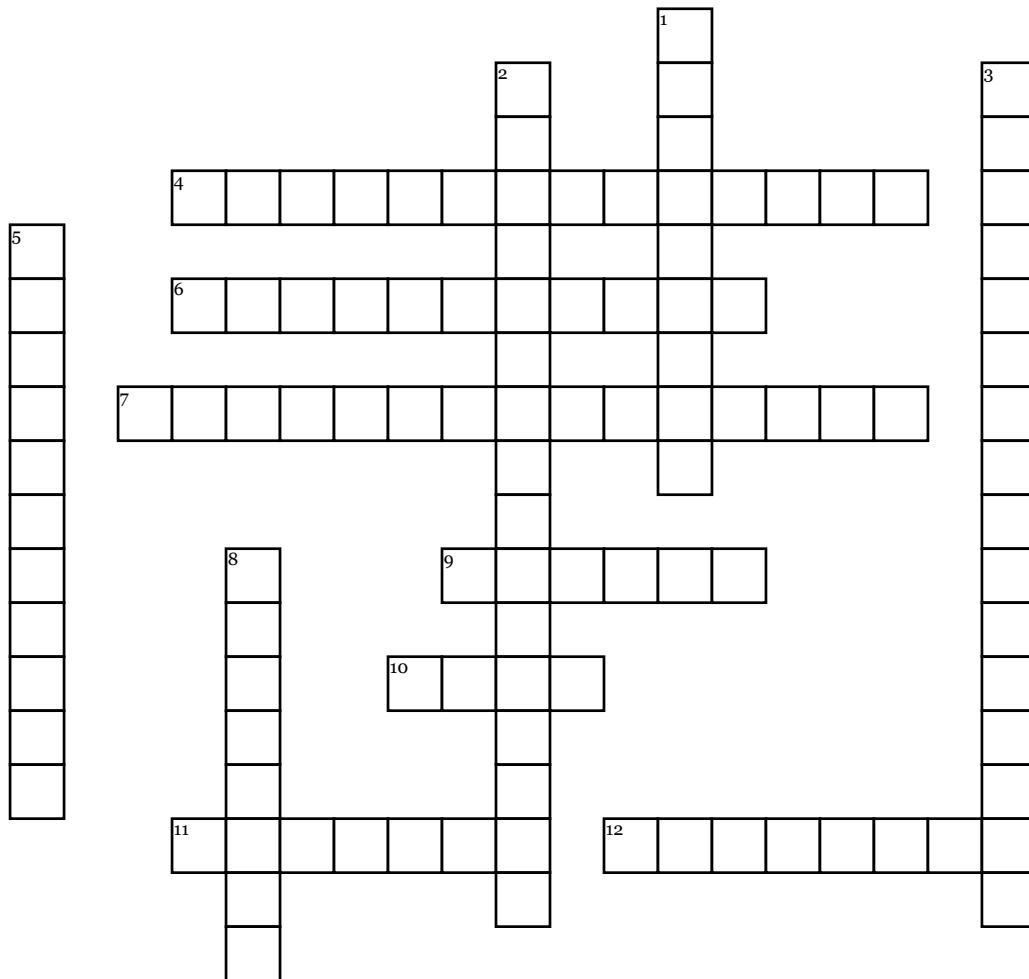


Name: \_\_\_\_\_

# PHYSICAL ACTIVITY



## Across

**4.** synthetic substances similar to male hormones testosterone

**6.** particular exercise & activities that improve particular areas of health related fitness

**7.** a program of formalized physical preparation for involvement in a sport or other physical activities

**9.** an activity that prepares the muscles for work

**10.** frequently , intensity , time/duration & type of activity

**11.** the part of an exercise program when the activity is preformed at its highest peak is called the overload

**12.** an activity that prepares the muscles to return to a resting state

## Down

**1.** taking in fluids so that the body functions properly

**2.** the number of times a year your heart beats in 1 min when you are not active

**3.** a search or check for diseases or disorders that an individual would other wise not have knowledge of

**5.** the gradual increase in overload necessary to achieve higher level of fitness

**8.** working on the body harder than it is normally worked

## Word Bank

hydration

F.I.T.T

progression

overload

healthy screening

warm-up

abolic steroids

resting heart rate

training program

specificity

workout

cool down