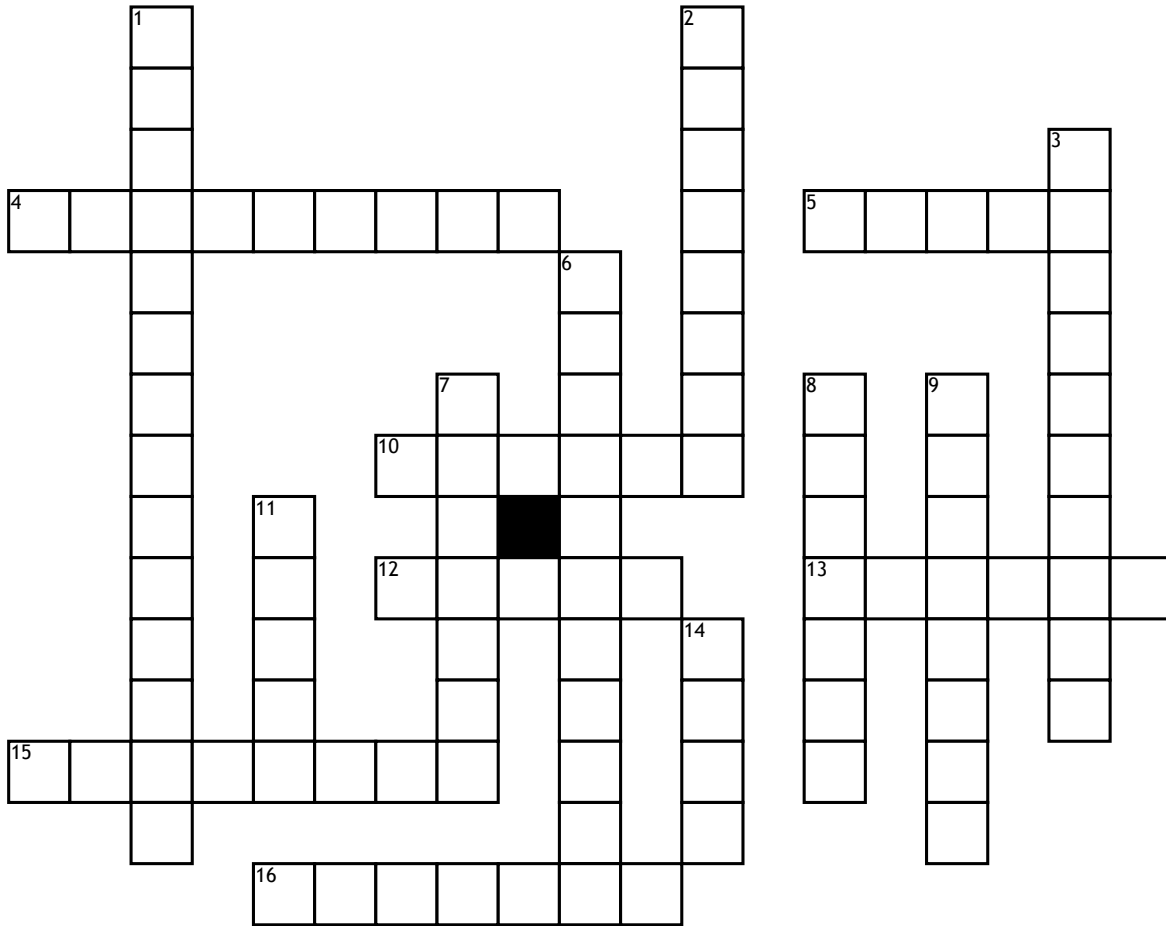


Physical Education



Across

4. Push up test measures...
5. Being _____ is being able to change your direction and speed when travelling quickly and efficiently
10. Flexibility is usually controlled by the _____ of muscles
12. is the product of strength and speed together
13. Benefits of cardiovascular fitness include faster removal of waste products (_____ acid)
15. an exercise with limited oxygen present

16. is the ability of your body to continuously provide enough energy to sustain levels of exercise

Down

1. Another term for aerobic fitness is _____ fitness
2. Sit up test measures....
3. The oxidation, decomposition, and synthesis of fats in the tissues is known as fat _____
6. to gradually overload the muscle by increasing the amount of weight and/or repetitions in order to achieve a higher level of muscular strength or endurance

7. an exercise that has oxygen present

8. Speed is defined as the _____ to move a body part quickly

9. _____ time is how quickly your brain can respond to a stimulus and initiate a response

11. the speed in which we lift and lower the weight load

14. Athletics track laps to equal a kilometer