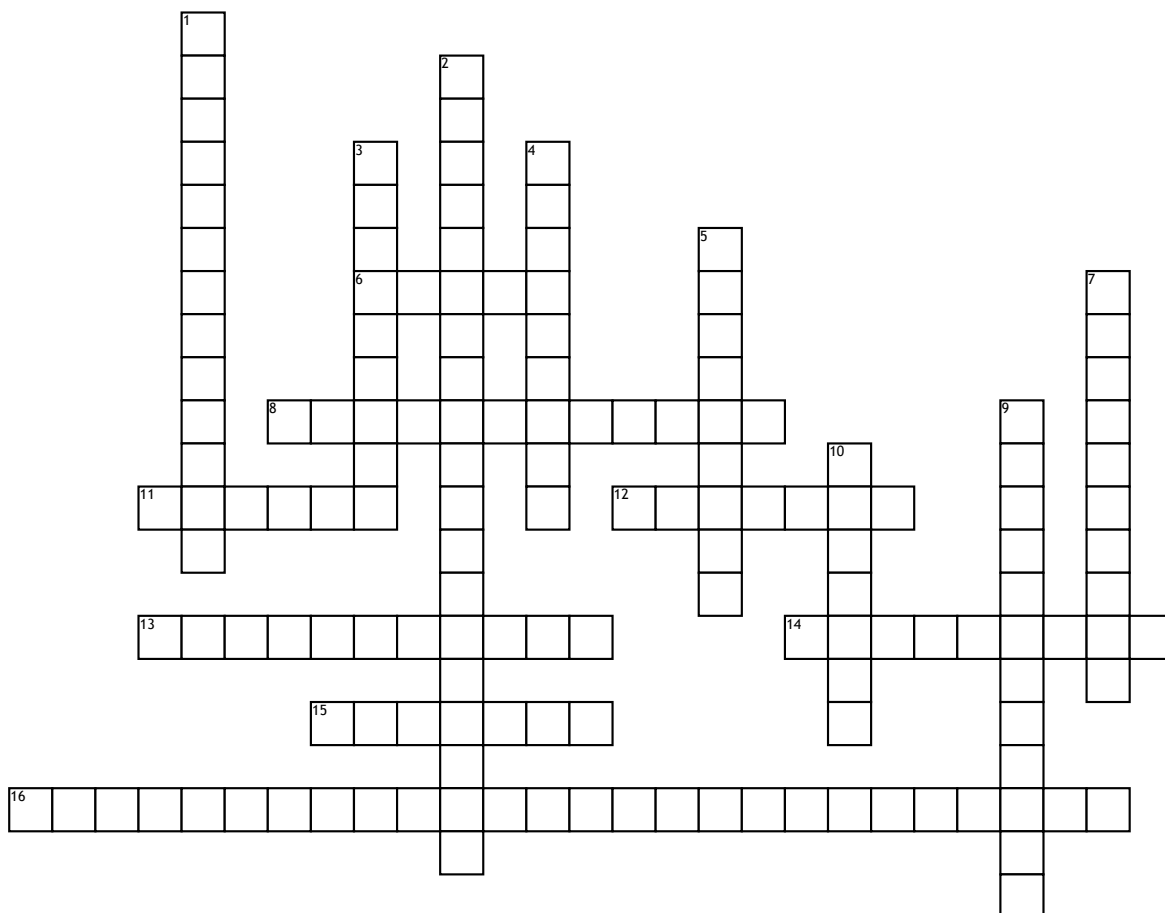


Name: \_\_\_\_\_

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

# Recap Crossword



## Across

6. Term used to define people with high fat content.

8. Test for power

11. State of complete physical, social and mental well-being, not merely the absence of disease or infirmity.

12. Working at 60-80% MHR

13. Test for flexibility

14. Term used to describe wide shoulders and narrow hips.

15. The ability to change direction at speed whilst maintaining control

16. All body systems work well, and they are free from injury and illness.

## Down

1. The result of weight divided by height x height

2. PO in SPORT stands for?

3. Term used to describe large body frame.

4. A Lifestyle that involves irregular physical activity, or no physical activity at all.

5. Term used to describe a thin face and high forehead

7. Method of classifying body types

9. State one positive effect of being physically active.

10. The ability to meet the demands of the environment