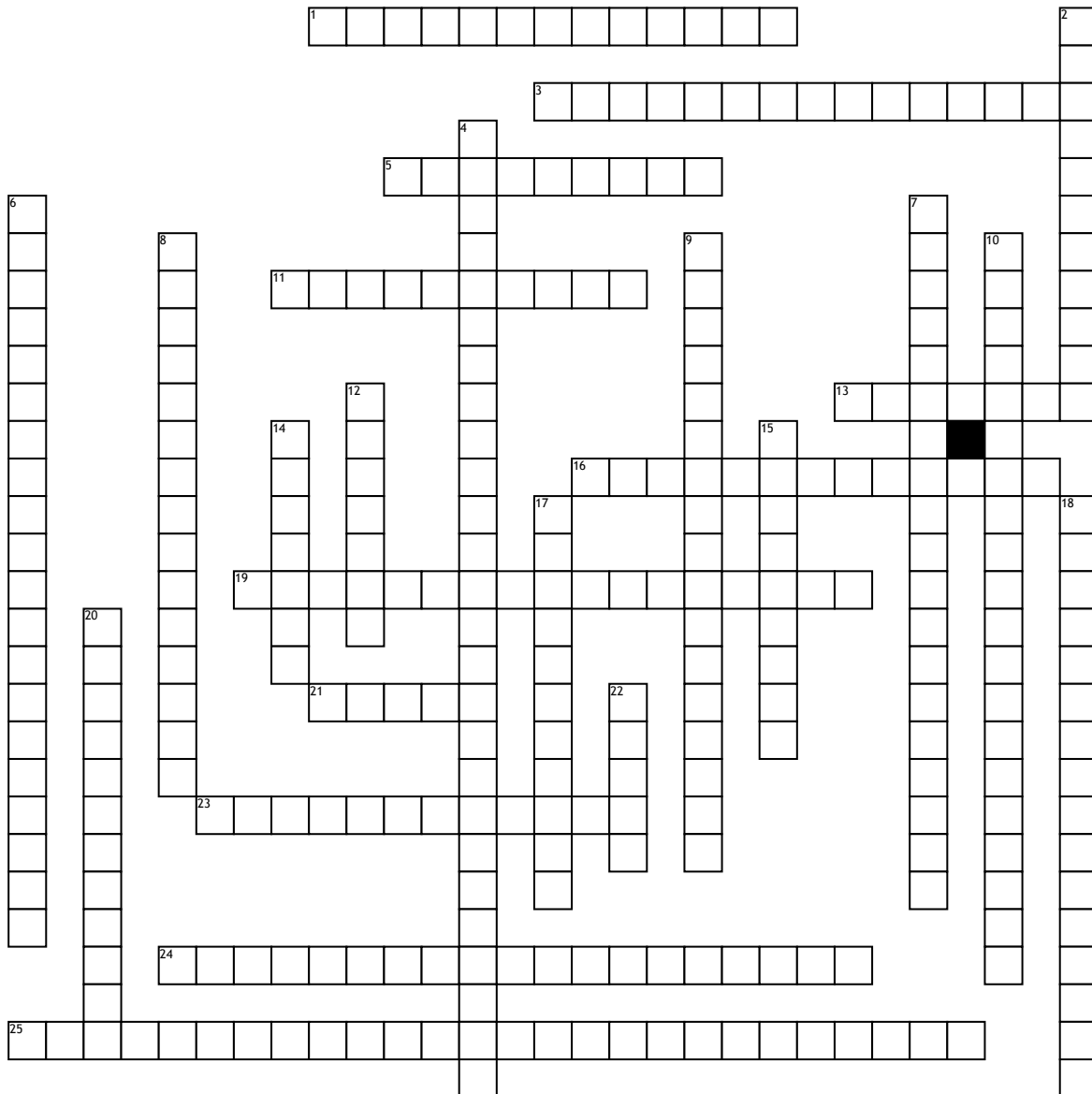


Name: _____

Unit 2 reassessment



Across

1. is the extent of movement of a joint, measured in degrees of a circle. It is the Joint movement (active, passive, or a combination of both) carried out to assess, preserve, or increase the arc of joint
3. A muscle imbalance is when certain muscle in the body are stronger or more developed than
5. A normal resting heart rate for adults ranges from 60 to 100 beats per minute. Generally, a lower heart rate at rest implies more efficient heart function and better cardiovascular
11. the ability of an object or material to resume its normal shape after being stretched or compressed;
13. ability to move quickly and
16. the capacity of the muscles of the torso to assist in the maintenance of good posture, balance, etc., especially during
19. is the ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period of

21. the ability to do something or act in a particular way, especially as a faculty or
23. Mental chronometry is the study of reaction time in perceptual-motor tasks to infer the content, duration, and temporal sequencing of mental
24. There are six skill related fitness components: agility, balance, coordination, speed, power, and reaction
25. a session of vigorous physical exercise or
- Down**
2. the quality of bending easily without
4. : Put simply, Cardiorespiratory endurance can be defined as the ability of your heart, lungs and muscles to work together over a long stretch of
6. theoretically defined as a multidimensional construct containing the components cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body
7. is a method of strength training that advocates for the gradual increase of the stress placed upon the musculoskeletal and nervous

8. is the proportion of fat and non-fat mass in your
9. is a type of stretching in which you stay in one position for a set
10. uses the momentum of a moving body or a limb in an attempt to force it beyond its normal range of
12. ability to move quickly and
14. the position in which someone holds their body when standing or
15. Muscular
17. the quality of bending easily without
18. Hypermobility can have causes that aren't due to underlying
20. the organization of the different elements of a complex body or activity so as to enable them to work together
22. the rate at which someone or something is able to move or