COMPONENTS OF FITNESS INTERACTIVE WORKSHEET

Directions: Please use the words from the word bank for each question. Each word is used 1 time. Please spell the word correctly and don't use any caps when filling in the blanks.

Word Bank: active stretching, aerobic, anaerobic, cardiac output, cardiovascular endurance, dynamic stretching, flexibility, muscular strength, muscular endurance, passive stretching, static stretching,

1. _____ is a fuel source other than oxygen your body uses during exercise.
2. _____ is how much blood is pumped by the ventricles.
3. You are contracting the muscle in opposition to the one your stretching is _____.
4. You do not do any movement with this, you just hold it. _____
5. How much force you can exert in 1 rep._____
6. _____ is the range of motion in a joint.
7. Using an object like a towel to help you do this type of exercise. _____
8. To remain contracted over a period of time. _____
9. Moving in and out of a position that increases the length of a muscle. _____
10. This uses oxygen as a fuel source during exercise and is usually done at a low intensity. _____
11. _____ the body's ability to transport oxygen during exercise.

LIVEWORKSHEETS