

## 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.