Physical Fitness

Choose the correct answers to complete each sentence below.

1. An endurance athlete would most likely run a _____.
2. When an athlete is flexible, they can _____.
3. Strong persons can _____.
4. Sprains usually occurs in _____.
5. Muscles can be torn, pulled or _____
6. Dancers are usually _____.
7. Three components of physical fitness are strength, endurance and _____
8. Aerobic instructors should have _____
9. When someone can bend and stretch over a range of motion it is called _____
10. A body builder must have _____.

Match the following

Tears and pulls	endurance
1800m	flexible
Dancers	muscles
Strains and sprains	boxers
Strength	joints

LIVEWORKSHEETS