

Name: _____ Date: _____ Period: _____

F.I.T.T. Principle

Across

2. Exercise done with high intensity and no oxygen is called _____

4. The number of components of fitness is _____

7. Frequency means how _____ you do an exercise

8. What does the second "T" stand for in the F.I.T.T. principle.

9. Exercise done for a long time with oxygen is called _____

11. WW. _____

endurance involves the heart and lungs keeping or body moving

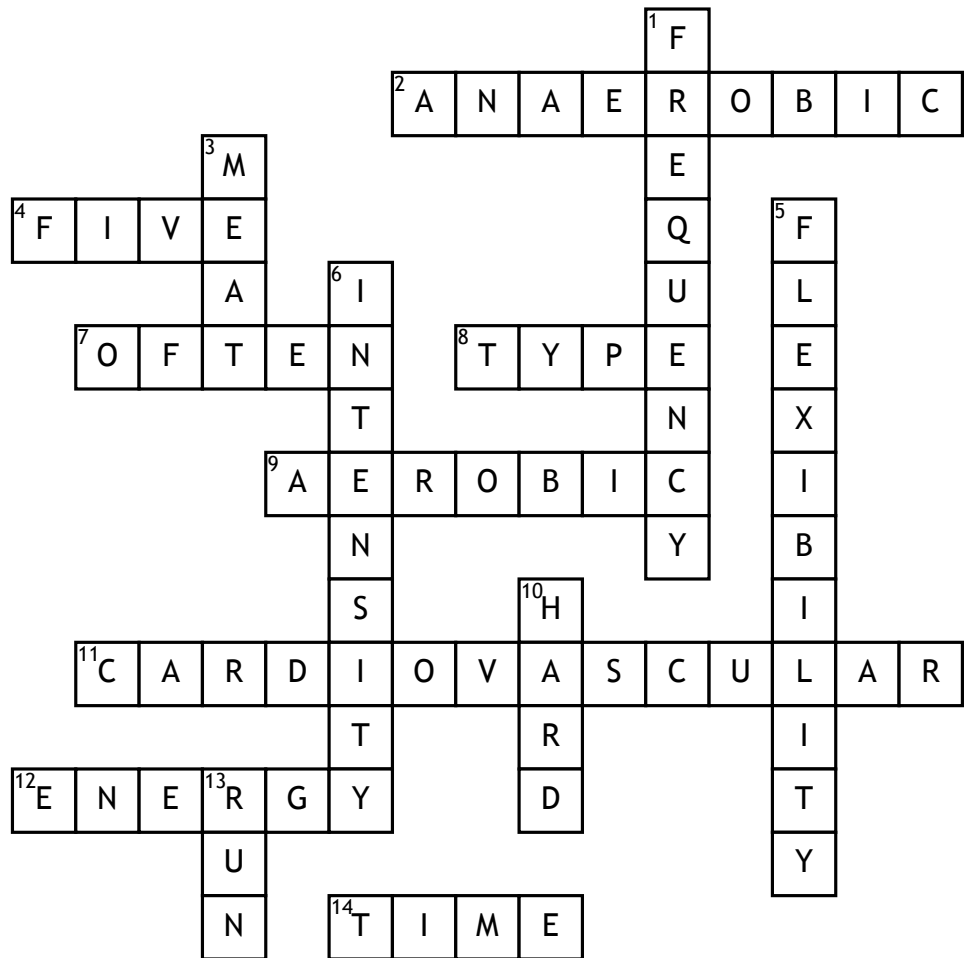
12. Carbohydrates are used by the body for _____

14. What does the first "T" stand for in the F.I.T.T. Principle?

Down

1. What does the F stand for in the F.I.T.T. Principle

3. Protein is best found in this type of food



5. Which component of fitness is tested using the sit and reach test?

6. What does the "I" stand for in the F.I.T.T. Principle?

10. Intensity means how _____ you are working during exercise

13. Sprinting means to _____ as fast as possible

