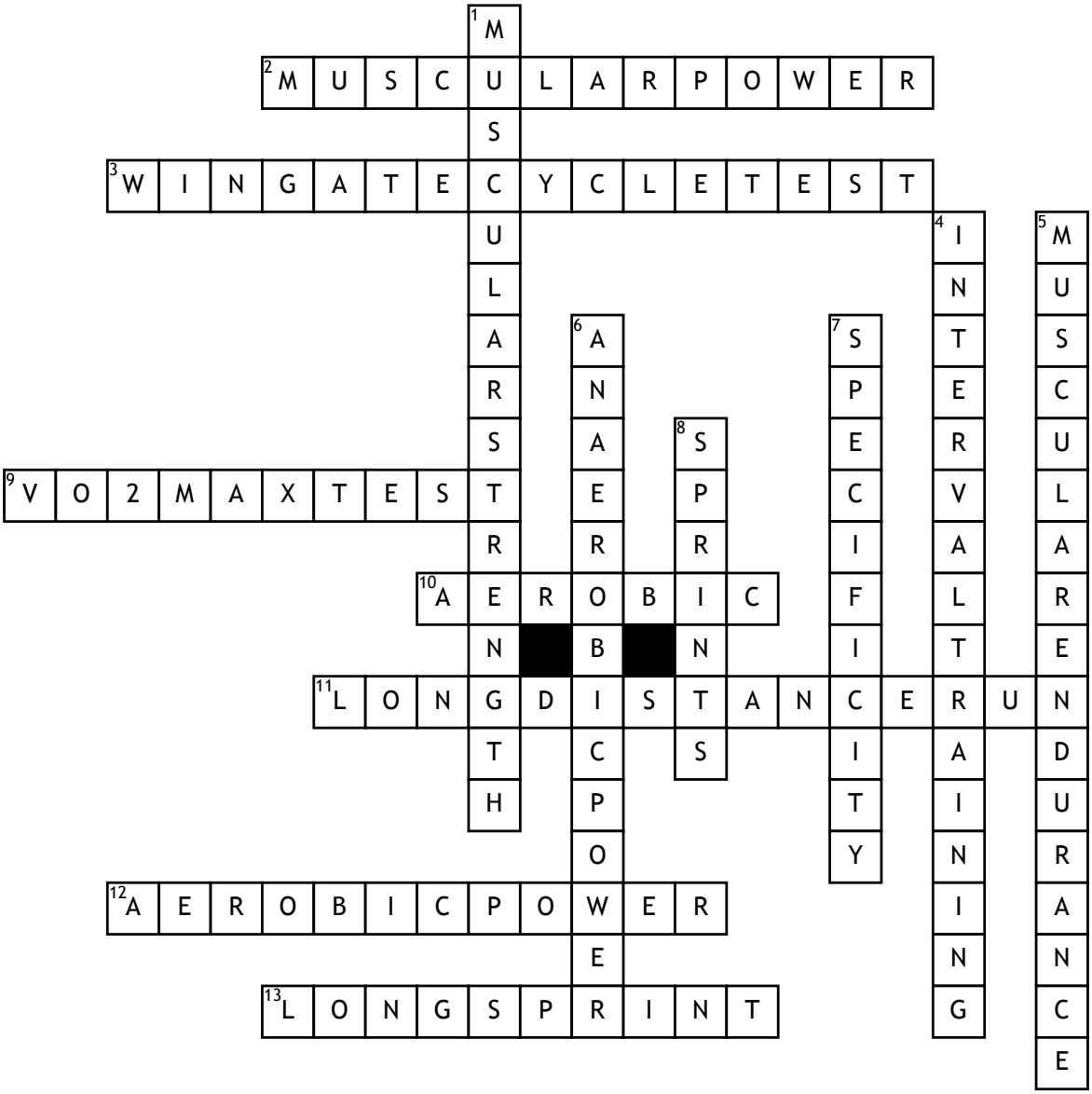
Name: _____ Date: _____

Principles of Exercise Training



Across

2. What is the rate of performing work?
3. What is a way to measure anaerobic power?
9. What is a way to measure aerobic power?
10. Is bench press aerobic or anaerobic?
11. What aerobic activity consists of oxidative system (oxidative phosphorylation)
12. What is the rate of energy release by oxygen-dependent metabolic processes?
13. What aerobic activity consists of glycolytic (non-oxidative; substrate level phosphorylation) pathway?

Down

1. What is the maximal force that a muscle or muscle group can generate?
4. Consists of repeated bouts of high-to-moderate intensity exercise interspersed with periods of rest or reduced-intensity exercise
5. What is the capacity to perform repeated muscle contractions over time?
6. What is the rate of energy release by oxygen-independent metabolic processes?
7. What do training goals create?
8. What aerobic activity consists of ATP-PCr (non-oxidative; substrate level phosphorylation) pathway?