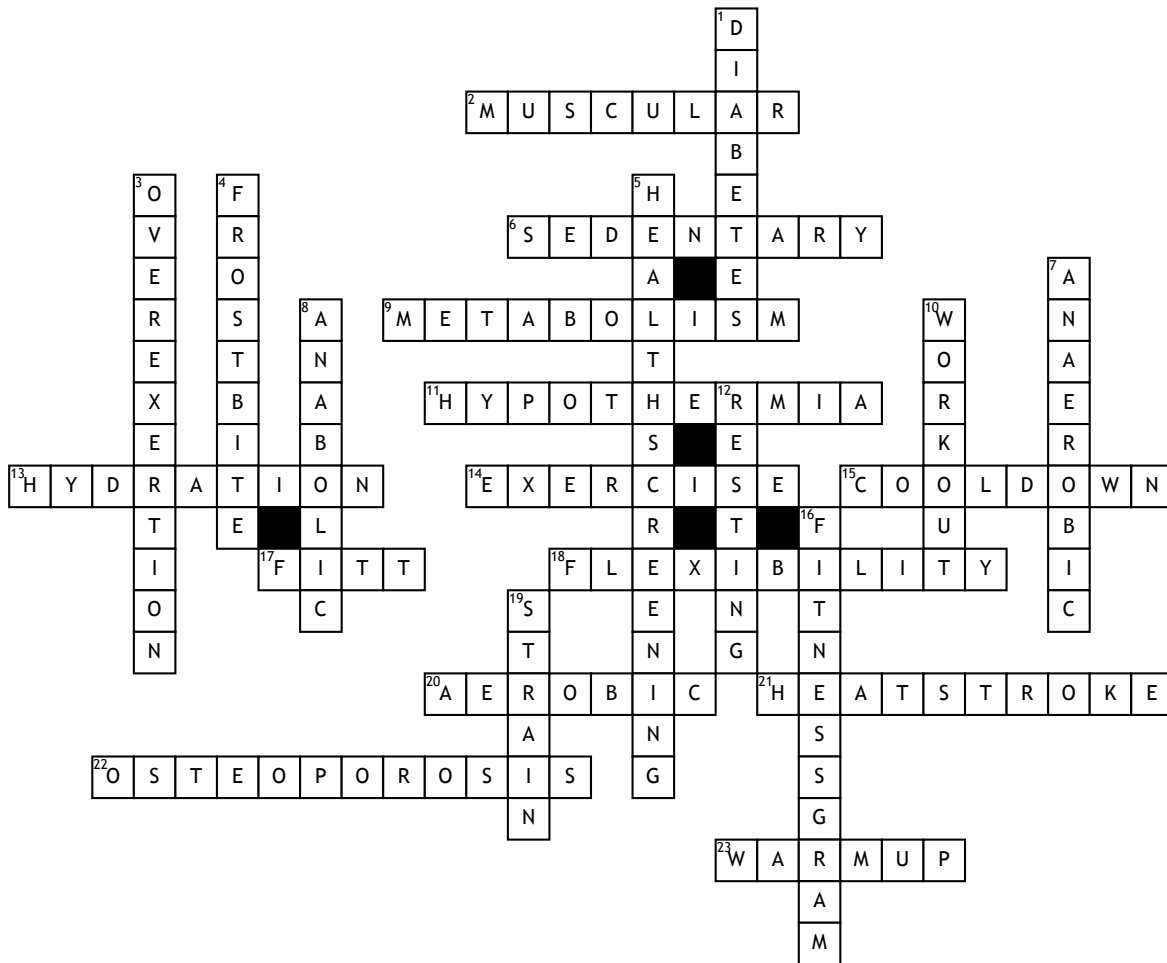


Name: _____

Date: _____

Chapter 4 Test Review



Across

2. type of strength where you see how much force a muscle can exert
 6. a lifestyle that involves little physical activity
 9. process by which the body gets energy from food
 11. condition in which the body temperature becomes way too low
 13. taking in enough fluids so that the body can function properly
 14. purposeful physical activity that is planned, structured, and repetitive
 15. activity that prepares the muscles to return to a resting state
 17. formula that involves frequency, intensity, time/duration and type of activity

18. ability to move a body part through a full range of motion

20. a activity that uses large muscle groups for at least 10 minutes 3 times a day

21. condition in which the body is not able to cool itself off by sweating

22. condition by a decrease in bone density giving a person fragile bones

23. activity that prepares the muscles for work

Down

1. serious disorder that prevents the body from converting food to energy

3. over working the body

4. condition that results when the body tissue becomes frozen

5. a search for diseases or disorders that a person otherwise may not know about

7. exercise that involves short bursts of activity where the muscles work so hard that they produce energy without using oxygen

8. type of steroid where synthetic substances are given to the body that are considered testosterone

10. exercise program when the activity is performed at its highest peak

12. heart rate in 1 minute while you are not active

16. multiple tests done to test flexibility, muscular strength, and endurance

19. a condition resulting from damaging a muscle or tendon