

Name: _____ Date: _____ Period: _____

Physical Activity

Principle of specificity

Principle of overload

Fitness target zone

Physical Activity

Activity Pyramid

Target Ceiling

FITT formula

Flexibility

Progression

Target zone

Inactivity

Recreation

Frequency

Intensity

Threshold

Aerobics

Benefits

Exercise

Strength

Training

Vigorous

Balance

Healthy

Energy

Muscle

Sports

Volume

Daily

Time

Type



N J P F L I N A C T I V I T Y S L C G V E D Y D
I F V R R J V G N Z X D H D S V B I R I N K T D
D K N G I E G A Z L B E U M T R M S A G O I I Y
C A U B N N Q K D L T J U K R M E U E J Z F V J
V Y O J B I C U Q L G Y K K E R V W R H T L I S
I P T L D B N I E J T A P L N O O B O U E E T P
G V V I R I H I P N S A T E G M N L B T G X C O
O B O X S E M N A L C E R Z T M Q B I T R I A R
R H A L A N V A D R E Y A G H T U H C G A B L T
O F S L U P E O R A T O N L E R U S S L T I A S
U K T S A M H T F Y O A F M U T L I C J D L C S
S H B Z D N E Z N O P B O S Z M C J Y L Z I I P
Y A D I A L C L J I E Y E L P M R E Z F E T S E
N N E J Z J O E E S F L T N F E N O I N N Y Y N
K O L C C T R H Q E O M P I N G C J F L M W H E
D I F B R S U S S X A O D I V O Q I D T I X P R
O S D X O P L U A E Z T C S C I I Q F P T N J G
P S N A U V X J G R R B N R T N T T L I B I G Y
T E V O I Y W O L C C H L G U K I C A E C N F Q
I R Q C G L T G K I Z V T I Y V C R A E K I Z D
M G W Z Z P Y V U S Y S T V C J B U P C R M T N
E O A D U I E K V E S V X Z T Z I O X A M C F Y
U R J H L L O O J O D D C T J O S T I F E N E B
N P W F E K F I T N E S S T A R G E T Z O N E R