

Physical Activity and Health Terms

Draw a line from the question in Column A to the correct answer in Column B.

1. Planned, structured, repetitive and intentional movement.
2. A health-related component of physical fitness that relates to the relative amounts of muscle, fat, bone and other vital parts of the body.
3. The amount of force a muscle can produce with a single maximal effort.
4. Any movement that is carried out by the muscles that requires energy.
5. It is the system that supports the body's movement.
6. A set of attributes that people have or achieve that relates to the ability to perform physical activity.
7. A health related component of physical fitness that relates to the ability of the muscle groups to exert external force for many repetitions or successive exertions.
8. A skill related component of physical fitness that relates to the maintenance of equilibrium while stationary or moving.
9. A health related component of physical fitness that relates to the range of motion available at a joint.
10. A health related component of physical fitness that related the ability of the circulatory and respiratory systems to supply fuel during sustained physical activity

- A. Physical activity
- B. Cardio-respiratory endurance
- C. Musculoskeletal system
- D. Physical fitness
- E. Body composition
- F. Balance
- G. Muscular strength
- H. Muscular endurance
- I. Flexibility
- J. Exercise

