

NAME:

DATE:

PERIOD:

Exercise Vocabulary Worksheet

Directions: Match the correct definition from column C with the term in column A. Write the letter of the correct answer on the line provided. In column B, describe an activity, sport, or exercise that requires the component listed in column A.

Column A	Column B: Description	Column C
1. ____ Agility		A. Ability of the muscles to resist force or resistance
2. ____ Balance		B. Ability of the muscles to move in response to a stimuli
3. ____ Body Composition		C. Ability to move a joint through a full range of motion
4. ____ Cardiovascular Endurance		D. Ability of the muscles to resist and apply maximum force
5. ____ Coordination		E. Ability to remain upright while moving or at rest
6. ____ Flexibility		F. Exercise which requires oxygen as a fuel source.
7. ____ Muscular Endurance		G. Ability of muscles to do repetitive motion over a long period of time
8. ____ Muscular Strength		H. Exercise which requires moving a muscle through a range of motion against a resistance that changes.
9. ____ Power		I. Exercise which requires muscles to contract but very little body movement takes place.
10. ____ Reaction Time		J. Exercise which requires muscles to contract and relax through their full range of motion.
11. ____ Speed		K. Ability to move or use more than one body part at a time
12. ____ Isotonic		L. Ability of the heart and lungs to supply blood and oxygen during exercise.
13. ____ Isometric		M. The amount of time it takes to move from one point to another.
14. ____ Isokinetic		N. Ratio of lean body mass to body fat %.
15. ____ Aerobic		O. Ability to change direction with minimal loss of speed or balance.

