

Name:

Period:    Date:

Unit Vocabulary:  
Exercise & Fitness

1. *Aerobic*
2. *Agility*
3. *Anaerobic*
4. *Arrhythmias*
5. *Arthritis*
6. *Asthma*
7. *Atherosclerosis*
8. *Balance*
9. *Body Composition*
10. *Cardiovascular Endurance*
11. *Congestive Heart Failure*
12. *Coordination*
13. *Diabetes*
14. *Diabetes*
15. *F.I.T.T.*
16. *Flexibility*

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17. *Hydration*

18. *Hypertension*

19. *Isokinetic*

20. *Isometric*

21. *Isotonic*

22. *Metabolism*

23. *Muscular Endurance*

24. *Muscular Strength*

25. *Power*

26. *Reaction Time*

27. *Sedentary Lifestyle*

28. *Specificity*

29. *Speed*

30. *Sprain*

31. *Strain*

32. *Target Heart Rate*