

Name _____ Period _____

Physical Education Activity
Understanding Fitness Components and Good Character

1. The ability of the heart, vascular system and lungs to sustain work under stress
2. The ability of a muscle or group of muscles to exert force or a period of time against a resistance less than the maximum an individual can move.
3. The ability of a muscle or group of muscles to exert maximal force against a resistance.
4. The ability of a joint and the muscles and tendons surrounding to move freely, and comfortably through its intended range of motion.
5. The ratio of lean body mass to body fat, usually expressed in terms of percent body fat.
6. How often you work out.
7. How hard you work out.
8. How long you work out.
9. What kind of workout you do.
10. To treat others with kindness and consideration.
11. An undue sense of self-worth.
12. Not given to lies, theft, cheating, etc.
13. The character, state, or quality of being tolerant.
14. A group of people working or playing together as a unit.
15. Steadfast adherence to a strict moral or ethical code.
16. To participate with integrity and respect for others.

Word Bank

Frequency

Intensity

Time

Type

Respect

Pride

Honesty

Tolerance

Teamwork

Integrity

Sportsmanship

Body-Composition

Flexibility

Muscular Strength

Muscular Endurance

Cardio-Respiratory Endurance