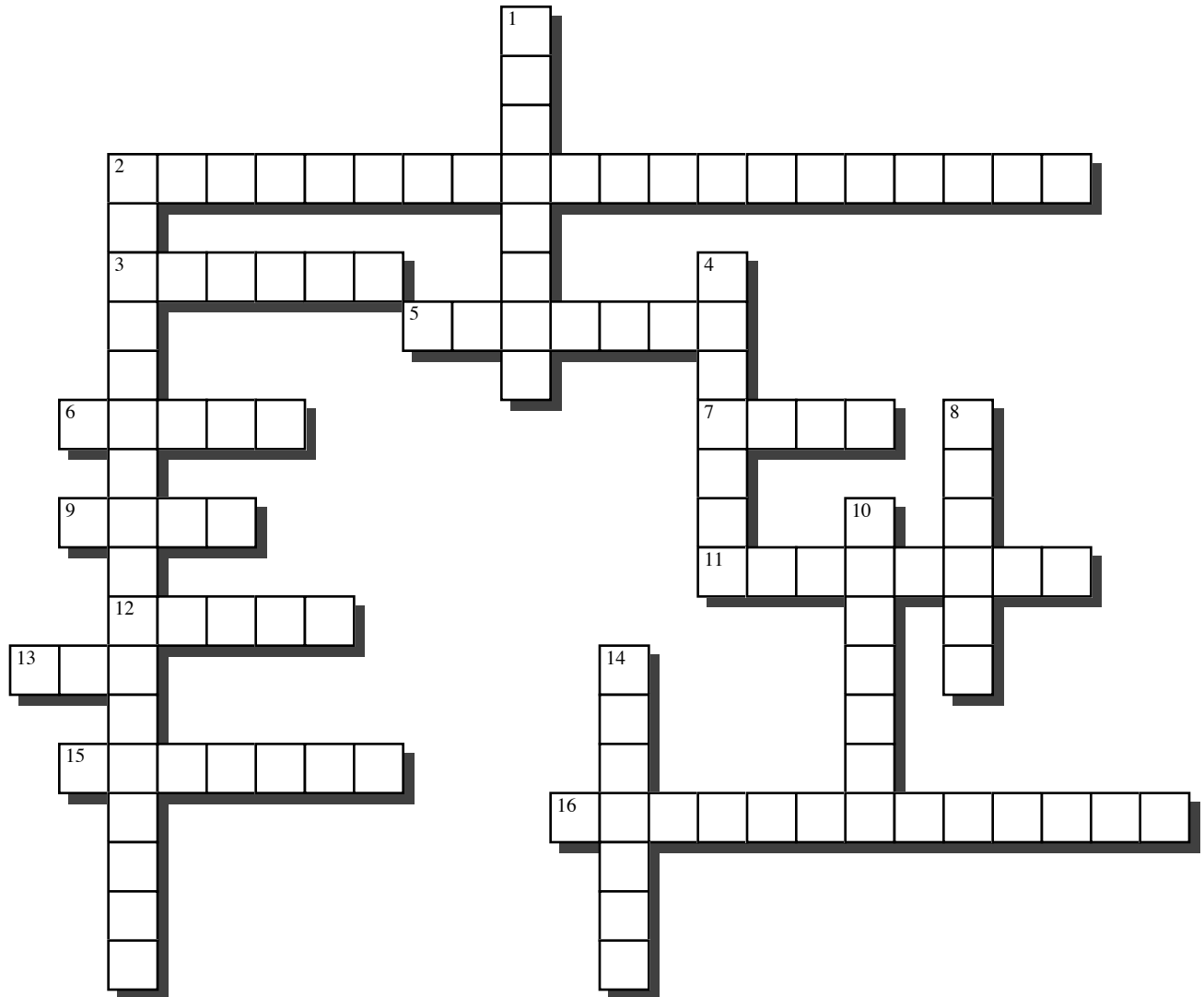


Chap 4 - Health-related Fitness

Instructions: Fill in each answer by answering the clues below.



Across Clues

2. A test based on public health research that sets a standard by which to measure an individual's test scores (20)
3. The artery on the inside of your wrist where the pulse can be counted (6)
5. A device used to measure skinfold body fat obtained by pinching the skin (7)
6. Where two or more bones meet and form a junction (5)
7. a site on the leg where body fat measurements are commonly taken (4)
9. Body weight composed of muscle, bone, tendons, ligaments, and internal organs isweight (4)
11. The degree of force a muscle can exert (8)

Down Clues

1. A fold consisting of a layer of fat and a layer of skin; used to determine body fat percentage (8)
2. the type of fitness that refers to the ability of the circulatory and respiratory systems to supply oxygen during physical activity (17)
4. The large muscle along the back of the upper arm (7)
8. The amount of oxygen used by the body during exercise is the maximum.....uptake (6)
10. a term which means the same as Cardiorespiratory fitness – the ability to perform muscle, dynamic, moderate to high intensity exercise for prolonged periods iscapacity (7)

Chap 4 - Health-related Fitness

Instructions: Fill in each answer by answering the clues below. (Page 2)

Across Clues

12. The regular throbbing in the arteries caused by contraction of the heart (5)
13. A measurement of your body composition, calculated by using height and weight (3)
15. The large neck artery that is often used to count pulse rate (7)
16. a method of determining body fat percentage which measures electrical resistance encountered in the body is ...impedance analysis (13)

Down Clues

14. The highest potential of an individual to be fit is ...fitness (7)