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Chapter 4 Test Review

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| **Across**  **2.** type of strength where you see how much force a muscle can exert  **6.** a lifestyle that involves little physical activitiy  **9.** process by which the body gets energy from food  **11.** condition in which the body temperature becomes way to low  **13.** taking in enough fluids so that the body can function properly  **14.** purposeful physical activity that is planned, structured, and repetitive  **15.** activity that prepares the muscles to return to a resting state  **17.** formula that involves frequency, intensity, time/duration and type of activity  **18.** ability to move a body part through a full range of motion  **20.** a activity that uses large muscle groups for at least 10 minutes 3 times a day  **21.** condition in which the body is not able to cool itself off by sweating  **22.** condition by a decrease in bone density giving a person fragile bones  **23.** activity that prepares the muscles for work | **Down**  **1.** serious disorder that prevents the body from converting food to energy  **3.** over working the body  **4.** condition that results when the body tissue becomes frozen  **5.** a search for diseases or disorders that a person otherwise may not know about  **7.** exercise that involves short bursts of activity where the muscles work so hard that they produce energy without using oxygen  **8.** type of steriod where synethetic substances are given to the body that are considered testosterone  **10.** exercise program when the activity is performed at its highest peak  **12.** heart rate in 1 minute while you are not active  **16.** multiple tests done to test flexibility, muscular strength, and endurance  **19.** a condition resulting from damaging a muscle or tendon |