

## PHYSICAL EDUCATION MAGIC SQUARE

Name: \_\_\_\_\_ Class: \_\_\_\_\_

### Magic Square Physical Education [10.2]

Magic Number: 45

**Directions:** Match each vocabulary word with the correct definition. Then write the number of the definition in the box with the corresponding letter. The number total for each row and each column will all equal the same number, which is called the magic number.

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|----|----|----|
| A. | B. | C. |
| D. | E. | F. |
| G. | H. | I. |

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| <ul style="list-style-type: none"> <li>A. Aerobic Respiration</li> <li>B. Anaerobic Respiration</li> <li>C. Agonist</li> <li>D. Antagonist</li> <li>E. Fast Twitch Muscle Fibers</li> <li>F. Slow Twitch Muscle Fibers</li> <li>G. Lactic Acid System</li> <li>H. Rate of Perceived Exertion</li> <li>I. Pacing</li> </ul> | <ul style="list-style-type: none"> <li>11. A muscle whose action counteracts that of another specified muscle.</li> <li>12. A scale that is used to measure the intensity of an exercise.</li> <li>13. A muscle whose contraction moves a part of the body directly.</li> <li>14. A rate of movement.</li> <li>15. The process of making energy with the presence of oxygen.</li> <li>16. Muscle fibers that are used in powerful bursts of movements.</li> <li>17. The process of making energy without oxygen.</li> <li>18. Muscle fibers that help enable long-endurance feats.</li> <li>19. Is an anaerobic energy system in which the high-energy compound adenosine triphosphate (ATP) is manufactured from the breakdown of glucose to pyruvic acid in the muscle cells.</li> </ul> |
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