

PHYSICAL EDUCATION MAGIC SQUARE

Name: _____ Class: _____

Magic Square Physical Education [11/12.3]

Magic Number: 75

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.

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

- A. Accelerometer
- B. Barrier
- C. Bioelectrical Impedance
- D. Body Mass Index
- E. Heart-Rate Monitor
- F. Pedometer
- G. Tracking Application
- H. Criterion-Referenced Wellness Test
- I. Health-Related Fitness

- 21. A circumstance or obstacle that keeps people or things apart or prevents communication or progress.
- 22. A program that can be used to keep track of workouts, heart rate, steps taken, calories burned, nutrition intake, etc.
- 23. An instrument for estimating the distance traveled on foot by recording the number of steps taken.
- 24. Five physical fitness components that directly relate to good health.
- 25. Personal monitoring device that allows one to measure one's heart rate in real time or record the heart rate for later study.
- 26. An instrument for measuring acceleration.
- 27. Weight-to-height ratio, calculated by dividing one's weight in kilograms by the square of one's height in meters; used to determine healthy body mass.
- 28. A commonly used method for estimating body composition, and in particular body fat.
- 29. A test that has predetermined criteria to pass which indicate levels of physical health.