

PHYSICAL EDUCATION MAGIC SQUARE

Name: _____ Class: _____

Magic Square Physical Education [11/12.5]

Magic Number: 135

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. Conditioning Plan
- B. Nutrient-Dense
- C. Nutrient-Poor
- D. Nutrition
- E. Physical Activity
- F. Rate of Perceived Exertion
- G. Sodium-High
- H. Sodium-Low
- I. Energy Balance

- 41. The relation between intake of food and output of work.
- 42. A training program that provides an exercise and diet regimen that helps a person become more physically fit.
- 43. Any bodily movement produced by skeletal muscles that requires energy expenditure.
- 44. A food that contains an abundance amount of minerals and vitamins.
- 45. A way of measuring physical activity intensity level; how hard you feel like your body is working.
- 46. A food that is excessive in sodium nutrients.
- 47. The process of providing or obtaining the food necessary for health and growth.
- 48. A food that is lacking in sodium nutrients.
- 49. A food that is lacking in minerals and vitamins.