

ACADEMIC LANGUAGE QUIZ

A transformation or modification of a person's routine actions.

1

- a. Wellness Routine
- b. Mindful Scheduling
- c. Behavior Change
- d. Routine

To train or exercise for a specific purpose.

2

- a. Workout
- b. Even/Odd Days
- c. Practice
- d. Condition

The use of external weight/force to cause muscle contractions with the intent to strengthen or improve endurance.

3

- a. Resistance Training
- b. Weight Room
- c. Max Reps
- d. Free Weights

Relating to bodily structure.

4

- a. Biology
- b. Respiration
- c. Skeleton
- d. Anatomical

To lose fitness or muscle tone through a lack of exercise.

5

- a. Soften
- b. Decondition
- c. Inactivity
- d. Sedentary

A plane that divides the body into ventral and dorsal sections (belly & back)

6

- a. Frontal
- b. Sagittal
- c. Transverse
- d. Horizontal

The bodily response to a disease or injury that can be characterized by pain, heat, redness, or swelling.

7

- a. Swelling
- b. Sprain
- c. Break
- d. Inflammatory Response

A group of people who require special consideration.

8

- a. Clients
- b. Associations
- c. Special Populations
- d. Members