

PHYSICAL EDUCATION MAGIC SQUARE

Name: _____ Class: _____

Magic Square Physical Education [PF.4 & PF.5]

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. Inclusion
- B. Recreational Fitness
- C. Social-Competency
- D. Conditioning
- E. Energy Balance
- F. Nutrition
- G. Performance Enhancing Supplements
- H. Strength Training
- I. Weight Management

- 21. Activities that are often done for enjoyment, amusement, or pleasure and are considered to be fun.
- 22. Any substance taken by athletes to improve performance.
- 23. The process of providing or obtaining the food necessary for health and growth.
- 24. Refers to a set of practices and behaviors that are necessary to keep one's weight at a healthful level.
- 25. The relation between intake of food and output of work.
- 26. The action or state of including or of being included within a group or structure.
- 27. The process of becoming stronger and healthier by following a regular exercise program and diet.
- 28. A person's ability to get along with other people; affected by communication with others.
- 29. A physical exercise regimen that using resistance to build muscle and anaerobic endurance.