

PHYSICAL EDUCATION MAGIC SQUARE

Name: _____ Class: _____

Motor Skill Development Magic Square [9.1]

The Magic Number is: 15

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. Biomechanics
- B. Force
- C. Muscle Contraction
- D. Overload
- E. Physiology
- F. Specificity
- G. Health-Related Fitness
- H. Locomotor Movement
- I. Non-Locomotor Movement

1. Branch of biology that deals with the functions and activities of living organisms and their parts.
2. The study of the mechanical laws relating to the movement or structure of living organisms.
3. Motions of the body that do not cause the body to travel a distance through space, such as turning, twisting, swinging, shaking, bending, and stretching.
4. Five physical fitness components that directly relate to good health.
5. The quality or condition of being specific; working on a specific body area.
6. Strength or energy as an attribute of physical action or movement.
7. The movement of tension-generated sites within muscles fibers in response to load or force.
8. A motion used to travel through space, such as walking, running, hopping, jumping, leaping, galloping, skipping, and sliding.
9. To place an excessive load or amount; doing more over time.