

PHYSICAL EDUCATION MAGIC SQUARE

Name: _____ Class: _____

Anatomical Basis of Movement Magic Square [9.2]

The Magic Number is: 45

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. Aerobic Respiration
- B. Anaerobic Respiration
- C. Concentric
- D. Eccentric
- E. Extension
- F. Flexion
- G. FITT Principle
- H. Muscle Contraction
- I. Specificity

- 11. A force working against the muscle lengthening the muscle.
- 12. The movement of tension generated sites within muscles fibers in response to load or force.
- 13. Creating force by muscles shortening.
- 14. The quality or condition of being specific; working on a specific body area.
- 15. The process of making energy with the presence of oxygen.
- 16. The action of moving a limb from a bent to a straight position.
- 17. The process of making energy without oxygen.
- 18. The action of bending or the condition of being bent, especially the bending of a limb or joint.
- 19. Frequency, intensity, time, and type of exercise are four factors that lead to a successful fitness plan.