

PHYSICAL EDUCATION MAGIC SQUARE

Name: _____ Class: _____

Fitness Planning Magic Square [9.3]

The Magic Number is: 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. Isokinetic
- B. Isometric
- C. Isotonic
- D. Heart Rate Monitors
- E. Accelerometers
- F. Pedometers
- G. Resting Heart Rate
- H. Target Heart Rate
- I. Training Zones

- 21. Of, relating to, or denoting muscular action in which tension is developed without contraction of the muscle.
- 22. The number of times your heart beats per minute while at complete rest.
- 23. A device that counts one's steps taken.
- 24. Zones that an individual's heart rate should be in depending on the type of exercise the individual is performing.
- 25. An instrument for measuring acceleration.
- 26. Of or relating to muscular action with a constant rate of movement.
- 27. A device that measures one's heart rate.
- 28. Of muscle action taking place with normal contraction.
- 29. Minimum number of heartbeats in a given amount of time in order to reach the level of exertion necessary for cardiovascular fitness, specific to a person's age, gender, or physical fitness.