

NAME: \_\_\_\_\_

STUDENT # \_\_\_\_\_

## LIFETIME FITNESS TEST OUT

### BASIC TERMS

Define each exercise term in YOUR OWN HANDWRITING

AEROBIC EXERCISE

ANAEROBIC EXERCISE

BALLISTIC STRETCHING

BODY FAT

BODY COMPOSITION

BLOOD PRESSURE

CHOLESTEROL

COOL DOWN

DURATION

ENDURANCE

FREQUENCY

HEART RATE

INTENSITY

INTERVAL TRAINING

ISOTONIC CONTRACTION

ISOMETRIC CONTRACTION

MAXIMAL OXYGEN UPTAKE (VO<sub>2</sub> Max)

MUSCLE ENDURANCE

MUSCLE STRENGTH

OBESITY

OVERLOAD PRINCIPLE

OVER TRAINING

PROGRESSION

RANGE OF MOTION

RECOVERY

SAFETY

SPECIFICITY

STATIC STRETCHING

TIME

VOLUME