

PHYSICAL EDUCATION MAGIC SQUARE

Name: _____ Class: _____

Magic Square Physical Education [10.3]

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. Exercise Adherence
- B. Health-Enhancing Fitness
- C. Health-Related Fitness
- D. Personal Fitness
- E. Body Composition
- F. Caloric Expenditure
- G. Caloric Intake
- H. Chronic Disease
- I. Energy Balance

- 21. Activity that, when added to baseline activity, produces health benefits.
- 22. Number of calories that a person consumes on a daily basis.
- 23. Number of calories that you burn in a given day.
- 24. The relation between intake of food and output of work.
- 25. Measurement of the percentage of fat, muscle, water and bone found in the human body.
- 26. The extent to which a patient acts in accordance with the advised interval, exercise dose, and exercise dosing regimen.
- 27. A continuum of infinite possibilities for better or worse physical or mental health.
- 28. Five physical fitness components that directly relate to good health.
- 29. A disease lasting 3 months or more.