

FOURTH NINE WEEKS VOCABULARY WORDS

DIRECTIONS: Define words using your own terms to explain definition.

Chapter 13

1. Anorexia nervosa
2. Body composition
3. Essential body fat
4. Lean body tissue
5. Metabolism
6. Obesity
7. Overweight
8. Underweight
9. Calorie
10. Energy balance
11. Calorie intake
12. Calorie expenditure

Chapter 14

1. Cognitive skills
2. Fitness profile
3. Attitude
4. Moderate physical activity
5. Vigorous aerobics
6. Vigorous sports & recreation
7. Muscle fitness exercises
8. Flexibility
9. Self-management skills
10. Stages of physical activity
11. Cardiorespiratory Exercises
12. Self-assessment

Chapter 15

1. Con artist
2. Electrolyte
3. Fraud
4. Passive exercises
5. Quack
6. Quackery
7. Ergogenic aids
8. Fad diets
9. Spa
10. Web extension
11. Dietitian
12. Nutritionist

Chapter 16

1. Adventure Education
2. Cooperative games
3. Dance education
4. Fitness education
5. Outdoor education
6. Physical literacy
7. Sport education
8. Strategy
9. Tactic
10. Physical activity pyramid