Assignment 5

Physical Fitness Terminology

Part 1: Define the following terms relating to physical activity. You may use books or the internet to find the definitions. Site your sources.

1. Aerobic
2. Agility
3. Anaerobic
4. Cardiovascular Endurance
5. Coordination
6. Circuit Training
7. Dynamic Stretching
8. Flexibility
9. Muscular Endurance
10. Muscular Strength
11. Plyometrics
12. Resistance Training
13. Static Stretching

Part 2: Chose 5 of the words above. Write 2 paragraphs describing how each is important in a particular sport or activity. For example, flexibility is important in gymnastics, why?