

WHS – Physical Education
Fitness Walking - Matching Test

NAME _____ **Date:** _____

P.E. TEACHER _____ **Period:** _____

Directions: In the space provided, write the letter of the definition that most closely matches the vocabulary term.

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| ___1. | <u>Pedometer</u> | A. A person's manner of walking. |
| ___2. | <u>Flexibility</u> | B. A rate of moving. |
| ___3. | <u>Jog</u> | C. The number of times your heart beats per minute. |
| ___4. | <u>Dehydration</u> | D. A slow pace of running. |
| ___5. | <u>Pace</u> | E. A quick run for short distance. |
| ___6. | <u>Sprint</u> | F. The ability of muscles to do repeated exercise without fatigue. |
| ___7. | <u>Heart rate</u> | G. A device used to count each step taken. |
| ___8. | <u>Stride</u> | H. The range of motion your joints have during movement. |
| ___9. | <u>Gait</u> | I. Excessive fluid loss from body. |
| ___10. | <u>Cardiovascular endurance</u> | J. A step in walking/running. |