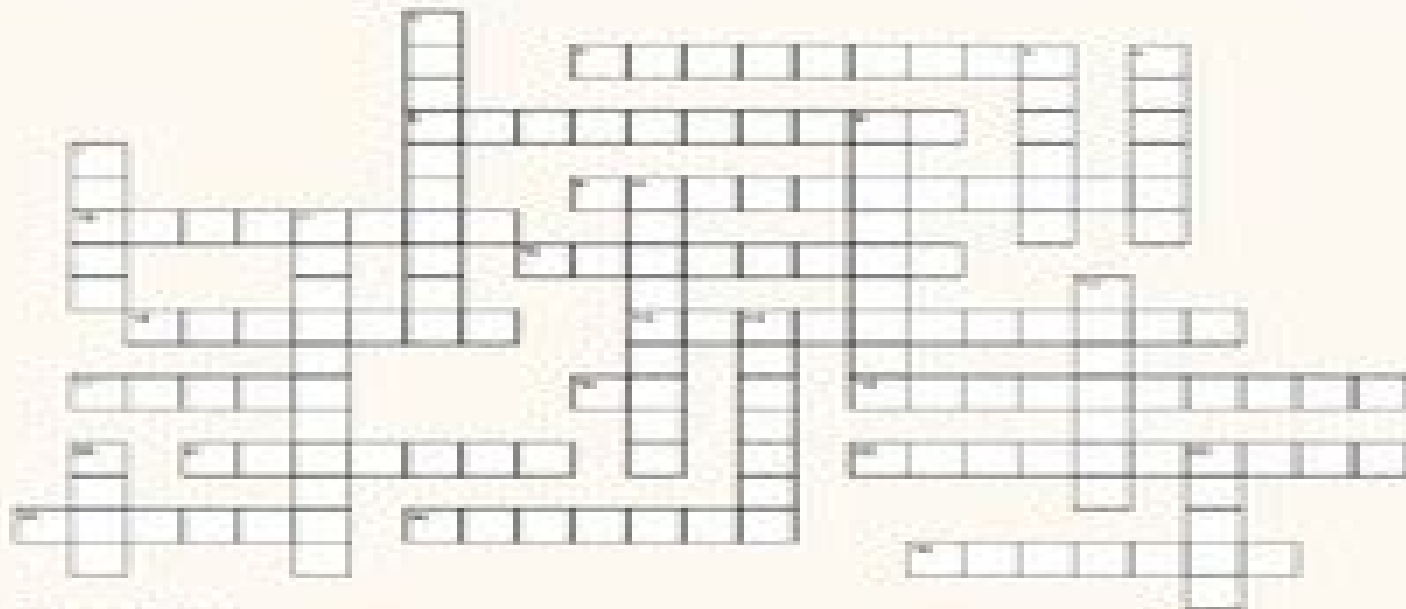


**Health Science – Chapter 1 – Physical Fitness and PE – Form 1C 10**



**ACROSS**

- 1 The hip \_\_\_\_\_ and the knee connect the thigh together. They are used for bending and athletic activity.
- 2 A number of muscles along the physical \_\_\_\_\_ increases the size of skeletal muscles.
- 3 Muscle \_\_\_\_\_ is the number of muscle fibers in each of the skeletal muscles.
- 4 A skeletal muscle fiber that has many thin, early and large nuclei that are pushed into the periphery.
- 5 \_\_\_\_\_ fiber is a naturally elastic fiber, allowing the muscles to produce less lactic acid.
- 6 A long fiber to which myofibrils can be added at both ends.
- 7 Enzyming carbohydrates, muscle fibers improve cell size and other \_\_\_\_\_ problems.
- 8 Skeletal muscles that contract help the \_\_\_\_\_ recover after a stroke.
- 9 The \_\_\_\_\_ muscles include the neck and trapezius, pectoralis, and the internal and external obliques.
- 10 Myofibrils, \_\_\_\_\_ of the muscles or myofibrils are the smallest contractile units that are made up of the actin and myosin filaments.
- 11 Muscular fitness is flexibility and cardiovascular fitness are two components of the fitness \_\_\_\_\_.
- 12 To increase aerobic and anaerobic fitness you need to increase your \_\_\_\_\_ Physical activity will help you achieve that.
- 13 Jumping jacks is considered an aerobic \_\_\_\_\_ exercise.
- 14 Keeping the \_\_\_\_\_ active is called the skeletal muscle is

**DOWN**

- 15 The \_\_\_\_\_ muscles are the muscles located between the elbow and the wrist.

**CLUE**

- 1 \_\_\_\_\_ injury occurs inside the covering of the blood vessels in the brain to the brain to the brain.
- 2 Type of injury involving a blow to the head is called a \_\_\_\_\_.
- 3 Doing exercises to make the \_\_\_\_\_ stronger helps reduce the risk of falls by some people.
- 4 A large part of muscles that get from the base of the skull to the shoulders and the neck.
- 5 A good thing about running \_\_\_\_\_ exercises is that help many more muscles gain strength.
- 6 Weightlifting, sprinting, and jumping are three examples of \_\_\_\_\_ exercises.
- 7 A good \_\_\_\_\_ of jumping jacks, squats, sit-ups, push-ups, and burpees can help you have a strong and healthy body.
- 8 One way to show the work muscles is by feeling a \_\_\_\_\_.
- 9 Another good exercise that increases all-arms performance and provide better balance and stability.
- 10 The bending and the \_\_\_\_\_ exercises work together when you are sitting.
- 11 One of the great benefits of any type of exercise is that it helps make your \_\_\_\_\_ stronger.

# Physical Science Chapter 12 Crosswords Answers

**Ross Barrett, Pier Paolo  
Delsanto, Angelo Tartaglia**



## **Physical Science Chapter 12 Crosswords Answers:**

*Physical Science* Carson-Dellosa Publishing, 2015-03-09 *Physical Science* for grades 5 to 12 is designed to aid in the review and practice of physical science topics. *Physical Science* covers topics such as scientific measurement, force and energy, matter, atoms and elements, magnetism and electricity. The book includes realistic diagrams and engaging activities to support practice in all areas of physical science. The 100 Series science books span grades 5 to 12. The activities in each book reinforce essential science skill practice in the areas of life science, physical science and earth science. The books include engaging, grade appropriate activities and clear thumbnail answer keys. Each book has 128 pages and 100 pages or more of reproducible content to help students review and reinforce essential skills in individual science topics. The series is aligned to current science standards.

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**Gaither's Dictionary of Scientific Quotations** Carl C. Gaither, Alma E. Cavazos-Gaither, 2012-01-05. This unprecedented collection of 27,000 quotations is the most comprehensive and carefully researched of its kind, covering all fields of science and mathematics. With this vast compendium, you can readily conceptualize and embrace the written images of scientists, laymen, politicians, novelists, playwrights, and poets about humankind's scientific achievements. Approximately 9,000 high-quality entries have been added to this new edition to provide a rich selection of quotations for the student, the educator, and the scientist who would like to introduce a presentation with a relevant quotation that provides perspective and historical background on his subject. Gaither's *Dictionary of Scientific Quotations*, Second Edition, provides the finest reference source of science quotations for all audiences. The new edition adds greater depth to the number of quotations in the various thematic arrangements and also provides new thematic categories.

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