



# 9

## Reinforcement

### SKILL-RELATED WORD MATH

From the answers on the right, choose the term that best fits each definition on the left. Write the number of the answer in the box which corresponds to the question. If you choose the correct answers, the sum of the numbers in each row across and down, in the four corners, in the four center boxes, and in the diagonal boxes will be the same. You will not use all the words in the answer column.

#### Definitions

- a. ability to change body positions and to control body movement
- b. amount of time you take to move once you realize the need to move
- c. ability to keep upright posture while standing still or moving
- d. ability to perform a movement or to cover distance in a short time period
- e. a physical activity that does not require high skill-related fitness abilities
- f. in-born tendencies or traits
- g. recognition or awareness you have about your thoughts, actions, or appearance
- h. working with exercises that closely resemble your sport skill
- i. specific physical tasks that people can perform
- j. repeated performance of a skill
- k. helpful in selecting lifetime activities and sports
- l. to test your skills against those of another person
- m. ability to use sight together with foot movement
- n. ability to use strength quickly
- o. basic abilities that aid in learning sport skills
- p. ability to use sight together with hand movement

#### Answers

1. exercise
2. posture
3. speed
4. heredity
5. physical skills
6. skill-related fitness
7. power
8. compete
9. self-perception
10. agility
11. skill-related fitness profile
12. eye-foot coordination
13. reaction time
14. principle of specificity
15. health
16. jogging
17. balance
18. eye-hand coordination
19. practice
20. recreation

<b>a.</b>	<b>b.</b>	<b>c.</b>	<b>d.</b>
<b>e.</b>	<b>f.</b>	<b>g.</b>	<b>h.</b>
<b>i.</b>	<b>j.</b>	<b>k.</b>	<b>l.</b>
<b>m.</b>	<b>n.</b>	<b>o.</b>	<b>p.</b>

Total: \_\_\_\_\_