Magic Square Physical Education [11/12.5]
Magic Number: 135

Directions: Match each vocabulary word with the correct definition. Then write the number of the definition in the box with the corresponding letter. The number total for each row and each column will all equal the same number, which is called the magic number.

<table>
<thead>
<tr>
<th>A. Conditioning Plan</th>
<th>B. Nutrient-Dense</th>
<th>C. Nutrient-Poor</th>
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<tr>
<td>D. Nutrition</td>
<td>E. Physical Activity</td>
<td>F. Rate of Perceived Exertion</td>
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<td>G. Sodium-High</td>
<td>H. Sodium-Low</td>
<td>I. Energy Balance</td>
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A. Conditioning Plan 41. The relation between intake of food and output of work.
B. Nutrient-Dense 42. A training program that provides an exercise and diet regimen that helps a person become more physically fit.
C. Nutrient-Poor 43. Any bodily movement produced by skeletal muscles that requires energy expenditure.
D. Nutrition 44. A food that contains an abundance amount of minerals and vitamins.
E. Physical Activity 45. A way of measuring physical activity intensity level; how hard you feel like your body is working.
F. Rate of Perceived Exertion 46. A food that is excessive in sodium nutrients.
G. Sodium-High 47. The process of providing or obtaining the food necessary for health and growth.
H. Sodium-Low 48. A food that is lacking in sodium nutrients.
I. Energy Balance 49. A food that is lacking in minerals and vitamins.