

### Answers

The ability to move quickly changing direction and speed.

**Agility**

The number of consecutive times you repeat an exercise  
eg: 30 sit ups is 30.

**Reps**

The ability to maintain a position without moving.

**Balance**

A series of exercise stations. You move from one station to another, each with a different exercise.

**Circuits**

Vigorous exercises designed to increase cardiovascular efficiency.

**Aerobics**

An athletic event where the competitor takes part in seven events which are 100 metre hurdles, high jump, shot put, 200 metres, long jump, javelin and 800 metres.

**Heptathlon**

A long distance running race, strictly one of 26 miles 385 yards which is 42.19km. First began in 1908.

**Marathon**

Conforming to the rules, spirit and etiquette of a sport.

**Sportsmanship**

The link between sports events, sponsorship by businesses and the media.

**Golden triangle**

Where the pace of exercise is varied from a fast sprint to

**Fartlek training**