

# athleticism *(ath-let-i-cism)*

## Definition

n. the physical qualities needed for sports and exercise.

## Example Sentence

His **athleticism** was evident in his swift and agile movements on the basketball court.

## More Example Sentences

Good **athleticism** helps in many activities.

## Synonyms

fitness; agility; strength

## Antonyms

weakness; unfitness

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