

ACTIVELY ENGAGE

(verb)

To participate in an activity while showing genuine interest and a desire for excellence.

Lisa was **actively engaged** in the Tabata lesson because she enjoys the challenge of high intensity interval training.



PHYSICAL ACTIVITY TRACKER

(noun)

Wearable technology that tracks the amount of physical activity an individual accumulates throughout the day.

Joshua has been wearing a **physical activity tracker** to help him assess the amount of exercise he gets on an average day.



AEROBIC ENERGY SYSTEM

(noun)

The energy pathway through which oxygen provides the chemical catalyst for the generation of energy. This system is associated with longer, more sustained forms of physical activity.

When Chandler was jogging in the Citywide 5K, his body was using its **aerobic energy system** to fuel his run.



AGILITY

(noun)

The ability to move quickly and easily.

Bernadette displayed amazing **agility** as she quickly made her way through the obstacle course.



AVERAGE HEART RATE

(noun)

The average of the heart's beats per minute measured during a specific exercise period.

Kev's **average heart rate** was 160 beats per minute during the circuit training lesson.



BALANCE

(noun)

An even distribution of weight that allows someone or something to stay upright and steady.

Bree was able to keep her **balance** as she performed the side plank exercise circuit.



BODY COMPOSITION

(noun)

Measurement of the percentage of fat, muscle, water, and bone found in the human body.

The class reviewed their **body composition** measurements in order to create individual fitness plans that would help them meet their weight-management goals.



CARDIORESPIRATORY ENDURANCE

(noun)

The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise.

Tristan improved his cardiorespiratory endurance by staying within the target heart rate zone for the entire Tabata workout.



CIRCUIT TRAINING

(noun)

An exercise program in which participants move around a prescribed course (i.e., a circuit), stopping at each station to perform a specified exercise.

The class **circuit training** program includes jump ropes, exercise bands, jumping jacks, and modified push-ups.



COMMUNICATION

(noun)

The exchange information from one person or group to another.

Jim showed proficiency in **communication** by clearly discussing and demonstrating each circuit training exercise.



COMPETENCE

(noun)

The ability to successfully and consistently complete a task or perform a skill.

Kymm displayed **competence** in each muscular strength exercise that was included in the class fitness lesson.



COOL-DOWN

(noun)

A period or act of slowing physiological movement back to normal after a game, performance, or exercise session, involving gentle exercise or practice.

It is important to perform a **cool-down** after strenuous exercise, such as running.



COOPERATION

(noun)

The process of working together for a common goal or outcome.

The group demonstrated excellent **cooperation** as they planned their Creative Mode Fitness routine.



CREATIVITY

(noun)

The ability to generate, evaluate, and refine ideas, alternatives, or possibilities (both incremental and radical) in order to improve personal and/or community quality of life.

Thomas enjoyed applying **creativity** to the task of developing interesting and fun fitness routines.



DELIBERATE PRACTICE

(noun)

The process of mindfully working toward improvement of a skill or ability through trial, error, feedback, and adjustment.

After 3 weeks of **deliberate practice**, Izzi could see big improvements in her performance of skill-related fitness exercises.



ENCOURAGEMENT

(noun)

Support, confidence, or hope offered by someone or some event.

Paul offered his friends **encouragement** by telling them how much their skills had improved during their practice.



EXERCISE

(noun)

Physical activity that requires effort and is carried out to maintain or improve personal health and fitness.

Deedi enjoys **exercise** that provides a personal challenge and helps her maintain a healthy weight.



EXERCISE FORM

(noun)

A specific way of performing a physical activity or movement to promote safety, enhance benefits, and avoid injury.

The entire class focused on **exercise form** as they learned the safe way to build strength.



EXERCISE SCIENCE

(noun)

The study of human movement as it relates to physical fitness and performance.

Kendra decided to major in **exercise science** in order to learn more about biomechanics and human athletic performance.



FITT PRINCIPLE

(noun)

A personal fitness concept that requires the inclusion of frequency, intensity, time, and type of exercise as four elements necessary for a comprehensive and successful fitness plan.

Malory included all elements of the **FITT Principle** in her personal fitness plan.



FLEXIBILITY

(noun)

A measurement of one's ability to stretch a muscle or group of muscles.

If you wish to increase your **flexibility**, it is important to stretch regularly and with good form.



FREQUENCY

(noun)

The rate at which something occurs or is repeated over a particular period of time.

Jose wanted to implement the FITT principle in his workout routine and decided that the **frequency** of his cardiovascular workouts would be 3 days per week.



HEALTH BENEFITS

(noun)

An improvement to a person's overall wellbeing resulting from a physical activity or food choice.

Stress reduction is a **health benefit** of physical activity.



HEALTH-RELATED FITNESS

(noun)

Five physical fitness components that directly relate to good health which include: cardiovascular endurance, muscular strength, flexibility, muscular endurance and body composition.

Shanika did a pre-assessment of all her **health-related fitness** components and concluded that she needed to work on her muscular strength.



HEALTHY LIFESTYLE

(noun)

A way of life that adheres to the principles and practices of wellness and physical fitness. It is characterized by good nutrition, regular physical activity, stress management, and risk avoidance.

Mr. Kline lives a **healthy lifestyle** and enjoys all of the benefits of regular physical activity and healthy eating.



HEART RATE MONITOR

(noun)

Wearable technology that measures real-time heart beats per minute.

The class wore **heart rate monitors** to measure the intensity of their exercise.



RECOVERY HEART RATE

(noun)

A measurement of heart rate immediately after a bout of exercise, and then again after a specified time period—commonly 1 and 3 minutes after completion. A person's recovery time is shorter if their cardiorespiratory fitness is better.

The basketball team had very short **recovery heart rates** because of their excellent aerobic fitness.



HEART RATE ZONE

(noun)

A range of heart beats per minute, measured as a percentage of Maximum Heart Rate, identified because specific health benefits are associated with sustained exercise intensity within that range.

Cammy worked within her target **heart rate zone** in order to maximize the cardiorespiratory benefits of the workout.



HIIT

(noun)

High Intensity Interval Training is a form of exercise characterized by a series of short bouts of vigorous exercise followed by periods of rest or moderate exercise.

The **HIIT** routine was fun and challenging, and by the end of the session the students could feel a healthy amount of muscle fatigue.



INTENSITY

(noun)

The amount of exertion used when performing an exercise or activity.

Kristen was careful not to push past her personal limit of exercise **intensity** in order to avoid muscle or joint injury.



MAXIMUM (MAX) HEART RATE

(noun)

The highest rate of beats per minute that an individual can achieve through strenuous physical activity.

Jake calculated 60-90% of his **max heart rate** in order to find his heart health zone.



MUSCULAR ENDURANCE

(noun)

The ability of a muscle to continue to perform without fatigue.

Franklin's ability to do 50 push-ups was an impressive display of **muscular endurance**.



MUSCULAR STRENGTH

(noun)

The maximum amount of force a muscle can produce in a single effort.

Shelia added **muscular strength** exercises to her fitness plan in order to train for the citywide cross-training event.



PACE

(verb)

To move or work at a steady and consistent speed, oftentimes in order to avoid becoming overly tired.

Marissa learned how to **pace** her run so she could make it through the entire 5K race course.



PERCEIVED EXERTION

(noun)

How hard an individual feels her/his body is working during a bout of physical activity or exercise.

Flow's **perceived exertion** during the circuit training lesson was a 7/10 because she was breathing very heavily but could still talk with her group about the class challenges.



PERSONAL CHALLENGE

(noun)

An individual goal related to a specific task or area of improvement that extends up to, or just beyond, the individual's current ability.

Barret began training for an obstacle course race to provide a **personal challenge** and motivation to reach his fitness goals.



PERSONAL FITNESS

(noun)

A continuum that moves from worse to better in terms of physical, mental, and emotional health. This continuum represents an individual journey and is unique for every person based on past, current, and future expectations and goals.

I feel like my **personal fitness** is at a really good point because I've been working hard, building strength, and improving my cardiorespiratory endurance.



PERSONAL FITNESS PLAN

(noun)

A detailed proposal for achieving individual fitness goals.

Danielle created a **personal fitness plan** to help her prepare for a cross-country ski race.



POWER

(noun)

The ability to produce maximum force in the shortest time.

When preparing to dunk a basketball, LeBron knew that he must exert **power** through his legs in order to jump high enough for the slam.



RESTING HEART RATE

(noun)

The lowest number of beats per minute possible when an individual is fully relaxed and without distraction.

A good time to check your **resting heart rate** is immediately after you wake up.



SAFETY

(noun)

The condition of being protected against physical, social, and emotional harm.

The personal trainer was very focused on **safety** because her clients were inexperienced with Tabata training.



SKILL-RELATED FITNESS

(noun)

A group of 6 psychomotor characteristics that contribute to a person's ability to successfully complete a physical performance. The 6 components of Skill-Related Fitness include agility, balance, coordination, power, reaction time, and speed.

The lacrosse team worked hard to improve their **skill-related** fitness in order to gain every advantage on the field.



SPEED

(noun)

The ability to propel the body or a part of the body rapidly from one point to another.

Usain Bolt has incredible **speed** and power.



STRESS MANAGEMENT

(noun)

The process of using specific strategies in order to reduce anxiety and balance emotional wellbeing.

Using exercise as **stress management** is a good way to help students prepare for final exams.



SUPPORT

(verb)

To give assistance, approval, comfort, or encouragement.

It's important to **support** your friends as they work hard to meet their personal fitness goals.



TABATA INTERVAL TRAINING

(noun)

A form of high intensity interval training inspired by the research of Dr. Izumi Tabata. It is characterized by 8 rounds with 20-second intervals of high intensity exercise followed by 10 seconds of rest. Oftentimes, this 4-minute interval pattern is repeated 4 times to create a 20-minute workout routine.

Tabata Interval Training is a great way to get maximum exercise benefits in a short 20-minute workout.



TARGET HEART RATE

(noun)

A range in the number of heart beats per minute chosen in order to reach a level of exercise intensity required to gain specific fitness benefits.

The heart health zone is the **target heart rate** toward which the class was working in order to improve their cardiorespiratory endurance.



TEAMWORK

(noun)

The combined action and effort of a group of people working toward a goal or purpose.

Belle and Nina displayed incredible **teamwork** as they completed the Partner Pacer Points activity.



TIME

(noun)

The duration of an event or period.

Marco improved his endurance and increased the amount of **time** that he could exercise without stopping.



TYPE

(noun)

The activity category associated with a given exercise (e.g., strength training, cardio, etc.).

In order to improve her 10K race time, Pika chose cardio workouts as the **type** of exercise to improve her endurance.



WARM-UP

(noun)

A brief (5- to 15-minute) period of exercise that precedes the workout. The purpose of the warm-up is to elevate muscle temperature and increase blood flow to the muscles that will be engaged in the workout, exercise, or competition.

Preparing your muscles with a proper **warm-up** is an important way to maximize your effort and intensity while keeping your body safe.

