**ACTIVELY ENGAGE**

(verb)

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

Joshua **actively engaged** in each FITNESSGRAM® test; he tried his best with a focus on perfect form.

**AEROBIC CAPACITY**

(noun)

The maximum amount of oxygen that can be used by the body.

The PACER test helps students

measure their **aerobic capacity**.

**BALANCE**

(noun)

An even distribution of weight that

allows someone or something to

stay upright and steady.

Core strength can help a person maintain

**balance** while they perform daily activities.

**BASE OF SUPPORT**

(noun)

The area beneath a person that includes all points of contact the person makes with the supporting surface.

Jessica stood with her feet apart in order to maintain a wide **base of support**.

**CONTROL**

(verb)

To manage or regulate the movement

or actions of something.

It's important to **control** your movement and

effort in order to ensure safe exercise form.

**CORE**

(noun)

The major muscles of the belly and the mid

and lower back, which are involved in general stability and posture.

Planks are a great exercise for maintaining

and improving strength in your **core**.

**DYNAMIC STRETCHING**

(noun)

An exercise or fitness routine in which movement, momentum, and active muscular effort are used to stretch muscles. End positions are not held.

The team performed a **dynamic stretching** routine in order to safely warm up for their practice.

**EXERCISE FORM**

(noun)

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

Keeping the knees above and in line with the

feet during a squat is an important component

of safe **exercise form**.

**FLEXIBILITY**

(noun)

The ability to bend and move the joints through the full range of motion.

Good **flexibility** can help you bend and

reach safely during daily activity.

**HEALTH-RELATED FITNESS**

(noun)

A group of 5 physical characteristics that contribute to a person’s overall well-being. The 5 components of Health-Related Fitness include Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition.

In physical education class, we participate in activities and exercises that help enhance or maintain our **health-related fitness**.

**INTENSITY**

(noun)

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

Every day, we should get a least 60 minutes

of physical activity that is at a moderate

to vigorous **intensity**.

**JOG**

(verb)

A run performed at a steady, gentle pace.

Tasha loves to **jog** for fitness.

**MUSCLE TONE**

(noun)

The level of firmness or slight contraction

in a resting muscle.

Regular strength training allows me to

maintain good **muscle tone**.

**MUSCULAR ENDURANCE**

(noun)

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

Marathon runners demonstrate

excellent **muscular endurance**.

**MUSCULAR FITNESS**

(noun)

The combined ability of a muscle to demonstrate strength and resist fatigue.

Push-ups are an excellent way to improve or maintain **muscular fitness**.

**MUSCULAR STRENGTH**

(noun)

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

Exercise form and **muscular strength**

are critical when you are lifting weights.

**PACE**

(verb)

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

It's important to maintain a moderate

jogging **pace** when running a mile.

**PLANK**

(noun)

An exercise in which a person balances horizontally on the toes and forearms (or hands) while holding the rest of the

body up and off the ground.

Mr. Tomlin uses **planks** in his exercise routine to help maintain core strength and endurance.

**SEDENTARY LIFESTYLE**

(noun)

A way of life in which a person is not typically or routinely physically active.

Heart disease and diabetes are health risks associated with a **sedentary lifestyle**.

**VIGOROUS**

(Adjective)

Done with great force and energy.

If done properly, the PACER test is

a **vigorous** physical activity.