

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.

