

AEROBIC CAPACITY

(noun)

The body's ability to take in, transport, and use oxygen during vigorous physical activity.

In order to improve her **aerobic capacity**, Fiona decided to train for a community 5K race.



BENEFIT

(noun)

An advantage gained from something.

Having fun with your friends is one **benefit** of being active with a group.



BODY COMPOSITION

(noun)

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

Max attempted to improve his **body composition** by exercising regularly and eating well.



COOPERATION

(noun)

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

Keeping our physical education equipment in good condition takes **cooperation**. We all have to work together to use things the way they were meant to be used and to put them back where they belong when class is over.



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.

Before playing in the game, the team performed some **dynamic stretching** to warm up all their muscles in order to prevent injury.



ENDURANCE TRAINING

(noun)

An exercise routine or plan designed to build stamina (muscular, aerobic, or mental).

The **endurance training** required to prepare Chloe for a half-marathon was challenging and rewarding.



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.



FITNESS

(noun)

The degree to which the total organism is able to meet the physical, intellectual, and emotional demands for everyday living, as well as cope with emergencies.

Loren learned that developing her **fitness** really helped to improve the way her body and mind felt.



FLEXIBILITY

(noun)

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

Zoe's **flexibility** was the best in the class because she followed her PE teacher's advice to properly warm up and cool down when participating in physical activities.



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.

Finding a variety of physical activities that you like is a good way to improve and maintain all five components of **health-related fitness**.



HEALTHY BODY

(noun)

A body that is in a state of physical well-being, has a balanced body composition and proper hydration, and is rested and prepared for the requirements of daily living.

Body appreciation week was a perfect time for Mrs. Jackson to emphasize the importance of sleep, nutrition, and exercise in order to maintain a **healthy body**.



LEADERSHIP

(noun)

The effective use of people skills to organize and motivate others to work cooperatively toward a common goal.

Lara's **leadership** helped motivate her team to focus during practice and perform well during competition.



MENTAL HEALTH

(noun)

An individual's psychological and emotional well-being.

Michael learned how to focus his breathing to reduce his stress and improve his **mental health**.



MODERATE

(adjective)

Average or medium intensity,
amount, or degree.

After her injury, Caitlin began a walking routine so she could begin her recovery with exercise of **moderate** intensity.



MUSCLE

(noun)

A band or bundle of fibrous tissue in a body that has the ability to contract and relax, producing movement in or maintaining stability of parts of the body.

The biceps are **muscles** in your arms that help you pull weight toward your body.



MUSCULAR ENDURANCE

(noun)

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

Cole demonstrated his impressive **muscular endurance** by performing 75 curl-ups during his fitness test.



MUSCULAR FITNESS

(noun)

The combined status of muscular strength and muscular endurance.

High-intensity interval training that includes exercises like push-ups and burpees can help improve a person's overall **muscular fitness**.



MUSCULAR STRENGTH

(noun)

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

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



PACER

(noun)

A multistage fitness test done on a 20-meter running course used to predict an individual's VO_2 max. Participants run back and forth across the course, prompted by beeps that increase the pace of the activity from moderate to vigorous.

Phillip continued to work on his aerobic capacity because his **PACER** results indicated he was not yet in a healthy fitness zone.



PHYSICAL ACTIVITY

(noun)

Any physical movement that uses the body's energy.

Taking a walk with my family is a great **physical activity** and helps us stay healthy.



PHYSICAL ACTIVITY ENVIRONMENT

(noun)

The physical and social surroundings and conditions in which a person or group of people participate in physical activity.

Mr. Martinez works hard to create a positive **physical activity environment** for all of his physical education classes.



PHYSICAL HEALTH

(noun)

An individual's biological well-being.

Caleb knew that his **physical health** was determined by lots of factors, many of which he could control with healthy behaviors.



PHYSICALLY ACTIVE LIFESTYLE

(noun)

A way of living that includes regular, habitual physical activity.

By encouraging her friends to be active with her, Izzi helped the people she cared about establish a **physically active lifestyle**.



PLANK

(noun)

A physical exercise used to strengthen and condition core muscles, in which one performs a single push-up and then holds the raised position for a set period of time.

A **plank** is one of the best exercises you can do to strengthen your core muscles.



POSITIVE LANGUAGE

(noun)

A method of verbal communication that uses an optimistic tone and focuses on what is good or can be improved in a given situation, task, or environment.

Jose used **positive language** during intramural basketball games because he loved having fun and being active with his friends.



SAFE BEHAVIORS

(noun)

Deliberate actions that consider the well-being of the individual, group, and physical environment.

The class knew that **safe behaviors** were important to maintaining a positive learning environment.



SPORTSMANSHIP

(noun)

Ethical, appropriate, polite, and fair behavior while participating in a game or athletic event.

Anthony demonstrated great **sportsmanship** during and after the game. Even though he lost, he still complimented his opponent.



STATIC STRETCHING

(noun)

A gradual, slow stretch in which the end position is held for a short time (10–60 seconds).

After each exercise class, Mia performed **static stretching** in order to increase her flexibility.



STRENGTH TRAINING

(noun)

A type of physical exercise involving the use of resistance to create muscular contraction with the intention of building muscular strength.

Felicia encouraged her mom to engage in **strength training** 3 times per week to help her improve her physical health.



TECHNIQUE

(noun)

A skillful or efficient way of performing an activity.

A focus on exercise **technique** will help your workouts be effective and safe.



VIGOROUS

(adjective)

Done with great force and energy.

Forrest's heart rate was
175 beats per minute after his
vigorous run up Church Street Hill.



YOGA

(noun)

An eastern exercise discipline that includes breath control, mental focus/meditation, and the adoption of specific body postures intended to improve physical, mental, and spiritual health.

Andrea does **yoga** 2 times per week to help her manage stress and keep her body strong.

