

# ACTIVE LIFESTYLE

(Noun)

A way of life that values physical activity as an essential part of living; characterized by the integration of physical activity into daily routines and recreation.

As a part of Justin's active lifestyle, he liked to play soccer with his friends every Saturday and Sunday.



# ADJUST

(Verb)

To make small changes in order to achieve a desired result.

Mrs. Hart helped Caroline adjust her exercise form in order to fix her alignment.



# AEROBIC

(Adjective)

Relating to, involving, or requiring oxygen.

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The aerobic exercise routine caused the class to breath faster and talk less.



# AEROBIC GLYCOLYSIS

(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 Aerobic Glycolysis to fuel his run.



# ALIGNMENT

(Noun)

The correct or appropriate relative positions.

Focusing on your body's alignment can help improve the effectiveness of your workouts and prevent injury.



# ANAEROBIC GLYCOLYSIS

(Noun)

The energy pathway through which glucose is transformed without the use of oxygen. This is a fast energy conversion for high intensity bursts of activity and cannot be sustained for a long period of time.

The sprinters knew that their performance in the race was fueled by anaerobic glycolysis.



# BENEFIT

(Noun)

An advantage gained from something.

Stronger leg muscles is just one of the many benefits of jumping rope.



# BURPEE

(Noun)

A full body exercise performed in four steps:

- 1) stand tall;
  - 2) squat with hands to floor;
  - 3) feet jump back to plank position;
  - 4) feet jump back to squat position;
- then, repeat back up to standing.

Chloe did 10 burpees in order to increase her heart rate quickly.





# CALCULATE

(Verb)

To determine the amount or number of something using a mathematical process.

The class used a mathematical formula to calculate their target heart rates.



# ENERGY SYSTEMS

(Noun)

Metabolic processes that relate to the flow of energy inside the body. There are 3 energy systems working in the human body: Phosphagen, Anaerobic Glycolysis, and Aerobic Glycolysis.

Victoria was interested to learn that the human body uses 3 energy systems to convert the food she eats into fuel for physical activity and exercise.



# 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.



# FATIGUE

(Noun)

Extreme tiredness, generally resulting from physical or mental exertion.

Moe felt fatigue after a today's 2-hour soccer practice.



# 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.

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



# 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.



# HEART RATE

(Noun)

The speed at which the heart is beating, measured in beats per minute.

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Nora checks her heart rate before and after working out and knows that when she is moving faster, her heart rate is going to increase.



# 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.





# 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.



# INJURY PREVENTION

(Noun)

Deliberate actions, routines, and systems intended to stop harm from happening.

The class created a plan for injury prevention before starting the high intensity interval training session.



# INTENSITY

(Noun)

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

You can adjust the intensity of your workout by adding resistance to your movements.



# 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.



# NUTRITIONAL BALANCE

(Noun)

A way of preparing meals and snacks in which different nutrients are in proportions for optimizing health.

The chef focused on nutritional balance as she prepared meals for the school's wellness committee.



# PACE

(Noun)

A steady and consistent speed at which a person moves or works, often in order to avoid becoming overly tired.

It's important to maintain a moderate jogging pace when running a mile.



# PARTICIPATE

(Noun)

The act of engaging and taking part in an activity.

The teacher was very happy to see that his students' participation increased during the group fitness unit.



# PERCEIVED EXERTION

(Noun)

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

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





# PERSONAL FITNESS PLAN

(Noun)

A detailed proposal for achieving individual fitness goals.

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



# PHYSICAL ACTIVITY BREAK

(Noun)

A pause in a person's daily routine set aside for moderate to vigorous activity which promotes physical and mental health benefits.

The class took a physical activity break in order to refresh their minds and bodies before the test.



# PHYSIOLOGICAL RESPONSE

(Noun)

An automatic reaction of the body / body systems in response to an event or stimulus.

Increased heart rate is one physiological response to physical activity.



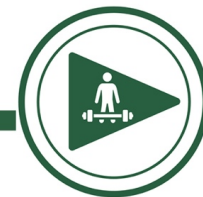
# PLANK

(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.

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Bryce held plank position after completing 5 push-ups.



# PRODUCTIVITY

(Noun)

The effectiveness of a purposeful and productive effort.

One of the benefits of regular exercise is an increase in your productivity.



# REPETITION

(Noun)

A thing repeated, such as an exercise.

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The class performed 10 repetitions of each exercise during the group warm-up.



# ROUTINE

(Noun)

A set sequence of steps.

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Using the skills they have learned throughout the unit, the students put together a routine that included at least 4 different skills.



# 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.





# TARGET

(Noun)

An object selected as the aim of attention or attack.

Jodi wanted to stay in her target heart rate zone during the Tabata exercise class.



# TECHNIQUE

(Noun)

A skillful or efficient way of performing an activity.

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

