

ABDOMINAL STRENGTH AND ENDURANCE

(noun)

A key component of musculoskeletal fitness that affects posture and functional movements. It's assessed using the curl-up test in FitnessGram[®].

Kendra wanted to score in the Healthy Fitness Zone[®] for **abdominal strength and endurance**, so she completed a routine of core-strengthening exercises every day.



AEROBIC

(adjective)

Relating to, involving, or requiring oxygen.

Aerobic exercise is usually performed for an extended duration at a low to moderate intensity, like going for a two-mile jog.



AEROBIC CAPACITY

(noun)

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

Giselle knew that if she exercised regularly, she could increase her **aerobic capacity**.



AMRAP

(noun)

An acronym that stands for “as many reps as possible.”
A circuit in which you perform as many reps of a given exercise as you can within a specific period of time.

Today we are completing a 12-minute **AMRAP** to increase our lactic threshold.



ANAEROBIC

(adjective)

Relating to, involving, or requiring an absence of oxygen.

Anaerobic exercise is usually performed for a short duration at a high intensity, like weightlifting or sprinting.



APPROPRIATE SERVING

(noun)

The recommended portion size of a food group.

When making breakfast, fill your plate with **appropriate servings** of fruit, grains, vegetables, and protein.



BALANCE

(noun)

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

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



BORG RATING OF PERCEIVED EXERTION (RPE) SCALE

(noun)

A scale that allows an athlete to rate how hard they believe they are exercising. The range goes from “no effort” to “max effort.”

Brian rated his effort as a 8 on the **Borg RPE Scale**.



CALORIE EXPENDITURE

(noun)

The number of calories burned (expended) during an activity.

Mike measured his **calorie expenditure** as he recovered from his distance run.



CALORIE INTAKE

(noun)

The number of calories consumed through food or drink.

Gia measured her **calorie intake** the night before her 5K race so that she could be sure she'd have enough energy for the big day.



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, like running.



DAIRY

(noun)

A product containing or made from milk.

Make sure you have the appropriate number of servings of **dairy** (or a dairy substitute) each day.



DESIGN

(verb)

To create a plan with a specific purpose or intention.

Tabata training is **designed** to allow your heart rate to spike and then recover multiple times within one workout.



EMOTIONAL FITNESS

(noun)

The degree to which the mind can be resilient to negative thoughts in order to focus on creative and constructive tasks.

When preparing for a 5K race, a runner must develop her **emotional fitness** in order to push past any self-doubt and make it to the finish line.



EMOTIONAL HEALTH

(noun)

A person's overall state with regard to their psychological well-being; the capacity to handle the thoughts, feelings, and behaviors of daily life.

Rick knew that it was important to monitor his **emotional health** during a stressful week of tests at school.



ENERGY SYSTEMS

(noun)

Metabolic processes that relate to the flow of energy inside the body. There are three energy systems working in the human body: phosphagen, anaerobic glycolysis, and aerobic glycolysis.

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



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.



FITNESS PLAN

(noun)

A proposed course of action to reach a desired level of fitness, typically including an exercise schedule and approach to nutrition.

Ainsley's **fitness plan** included doing cardio five times a week and strength training three times a week.



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)

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

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



FOOD

(noun)

Any nutritious substance that people or animals eat or drink or that plants absorb in order to maintain life and growth.

The **food** that you eat becomes the energy that moves your body throughout the day.



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 he decided that the **frequency** of his cardiovascular workouts would be 3 days per week.



FRUIT

(noun)

The sweet and fleshy product of a tree or other plant that contains seeds and can be eaten as food.

Marie likes to eat **fruit** throughout the day to keep her energy levels balanced.



GRAIN

(noun)

A wheat or other cultivated cereal crop used as food.

My favorite **grain** is wheat because it produces yummy bread for sandwiches.



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.

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



HEART RATE MONITOR (HRM)

(noun)

A personal monitoring device that allows you to measure and display heart rate in real time or record heart rate for later study.

When running, we use **heart rate monitors** to track our progress and determine personal fitness levels.



HEART RATE ZONES

(noun)

A range that defines the upper and lower limits of training intensities.

When running, try to remain in your target **heart rate zone** to maintain or improve your fitness level.



IMPROVE

(verb)

To achieve a higher standard or quality; to make or become better.

Amanda practiced pacing and running so often that she **improved** greatly.



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.



INTERVAL

(noun)

An intervening time or space.

Tabata training uses **intervals**; it's focused on short rounds of intensity.



LACTIC ACID

(noun)

A chemical produced during exercise that arises when the body's demand for oxygen exceeds its capacity to take in oxygen. Lactic acid buildup during exercise causes a burning feeling in the muscles that is associated with fatigue.

Jamila began to feel **lactic acid** build up in her legs during the 200M dash.



MAINTAIN

(verb)

To cause or enable (a condition or state of affairs) to continue.

Mike met all his fitness goals, so now he wants to **maintain** his fitness levels throughout the semester.



MENTAL HEALTH

(noun)

A person's overall condition with regard to their psychological and emotional well-being.

Mental health is just as important as physical health to building a long, happy life.



MODERATE

(adjective)

Average or medium intensity, amount, or degree.

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



NUTRITION

(noun)

The process of providing or obtaining the food necessary for health and growth.

To become your healthiest self, you must pay attention to both exercise and **nutrition**.



OVERLOAD PRINCIPLE

(noun)

The scientific hypothesis that in order to improve, athletes must continually work harder as their bodies adjust to existing workouts.

When training to improve your personal fitness, use the **overload principle** to make gains.



PACE

(noun)

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

Jogging at a moderate, steady **pace** is a form of aerobic exercise.



PHYSICAL ACTIVITY

(noun)

Any physical movement that uses the body's energy.

Tabata-style workouts are a great **physical activity** to improve strength and overall health.



PREVENTION

(noun)

The action of stopping something from happening or arising.

Injury **prevention** is important to maintaining a healthy body.



PROTEIN

(noun)

A nutrient found in food (like meat, milk, eggs, and beans) that is made up of many amino acids joined together. Protein is a necessary part of a healthy diet and essential for the body.

Beans are a great source of **protein** in a person's diet.



RESTING HEART RATE

(noun)

The lowest number of beats per minute possible when an individual is fully relaxed and without distraction. It is an indicator of physical fitness, as your resting heart rate will decrease as your heart becomes stronger with aerobic exercise training.

When laying in your bed, you can find your **resting heart rate** by placing two fingers at the pulse point on your neck and counting how many times your heart beats in 60 seconds.



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.



SOCIAL INTERACTION

(noun)

What happens when two or more people talk or exchange nonverbal cues.

Kennedy and I had a **social interaction** at lunch as we discussed fruits and vegetables.



STRESS

(noun)

A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.

I have a lot of **stress** this week because I have several projects due for class.



TABATA

(noun)

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

Tabata interval training makes my heart rate switch between hard work and recovery, which has many health benefits.



TAI CHI

(noun)

An ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Nicole started practicing **tai chi**, which improved her balance and helped her learn new breathing methods while exercising.



TECHNIQUE

(noun)

A skillful or efficient way of performing an activity.

Technique is just as important for fitness running as strength and endurance are.



TIME

(noun)

The duration of an event or period.

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



TYPE

(noun)

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

Bethany's favorite **type** of workout is Tabata-style.



UPPER BODY STRENGTH AND ENDURANCE

(noun)

A key component of musculoskeletal fitness that affects important functional movements. It is assessed using the push-up test in FitnessGram[®].

Joshua wanted to score in the Healthy Fitness Zone[®] for **upper body strength and endurance**, so he used a medicine ball during his daily Tabata workouts every day.



VEGETABLES

(noun)

A plant or part of a plant used as food, such as lettuce, potatoes, carrots, and peppers.

Bode likes to eat his **vegetables** for dinner.



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.



WARM-UP

(noun)

A brief (5–15 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 keep your body safe while you maximize your effort and intensity.



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** two times per week to help her manage stress and keep her body strong.

