ABDOMINAL STRENGTH AND ENDURANCE

(noun)

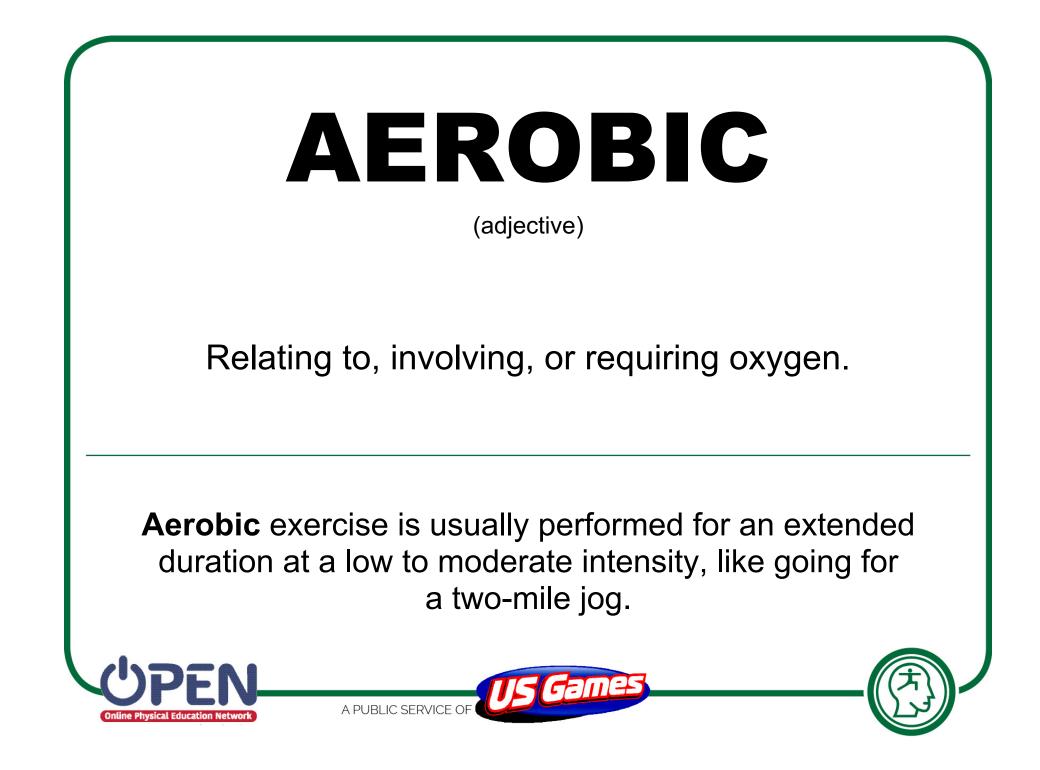
A key component of musculoskeletal fitness that affects posture and functional movements. It's assessed using the curl-up test in FitnessGram[®].

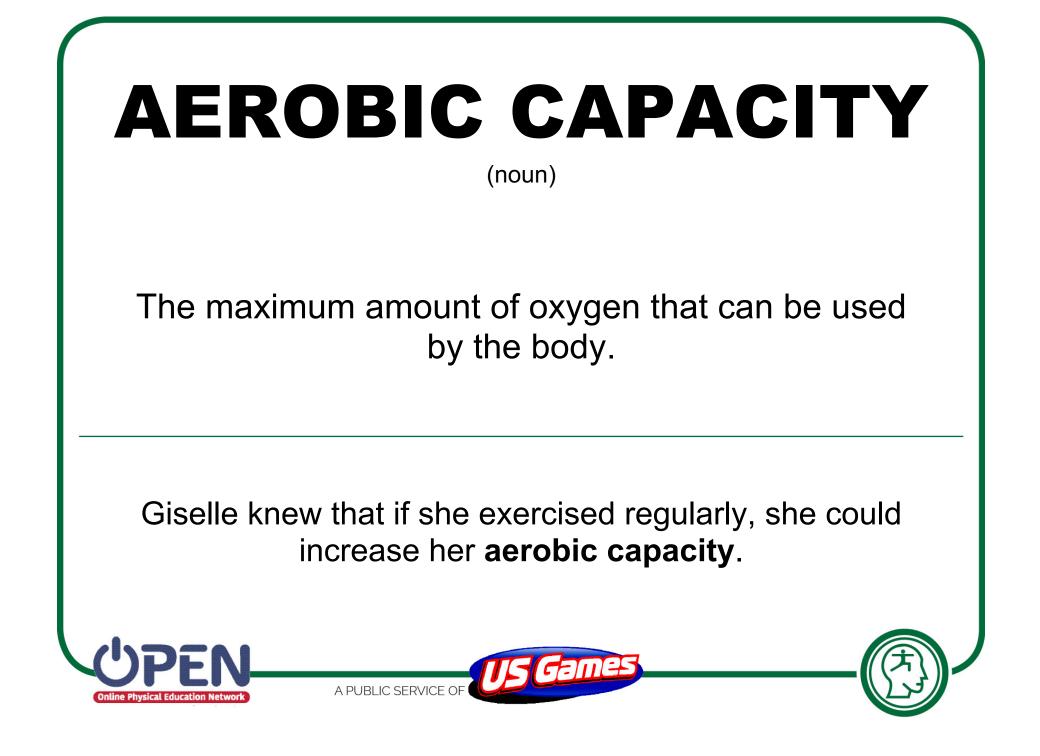
Kendra wanted to score in the Healthy Fitness Zone[®] for **abdominal strength and endurance**, so she completed a routine of core-strengthening exercises every day.











AMRAP

(noun)

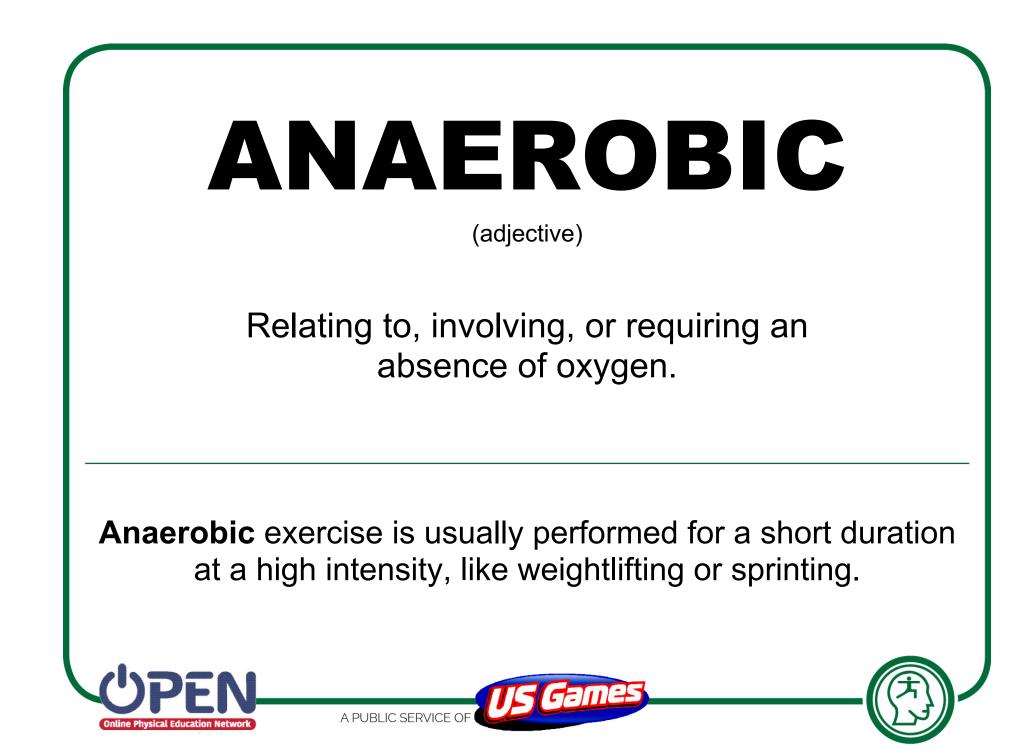
An acronym that stands for "as many reps as possible." A circuit in which you perform as many reps of a given exercise as you can within a specific period of time.

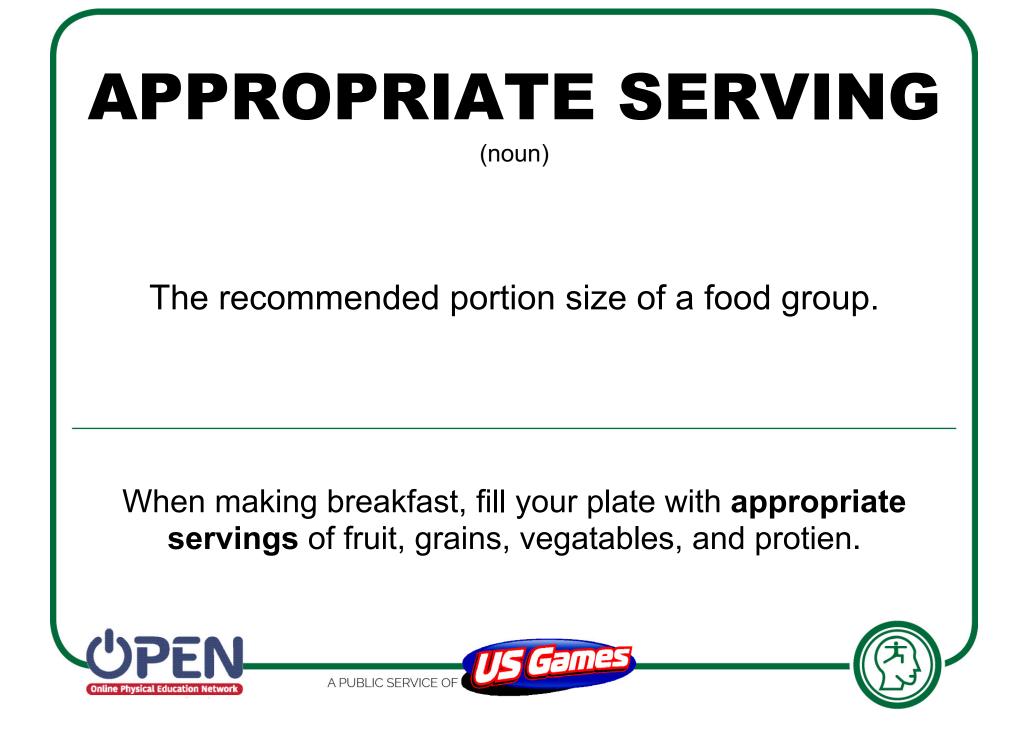
Today we are completing a 12-minute **AMRAP** to increase our lactic threshold.











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)

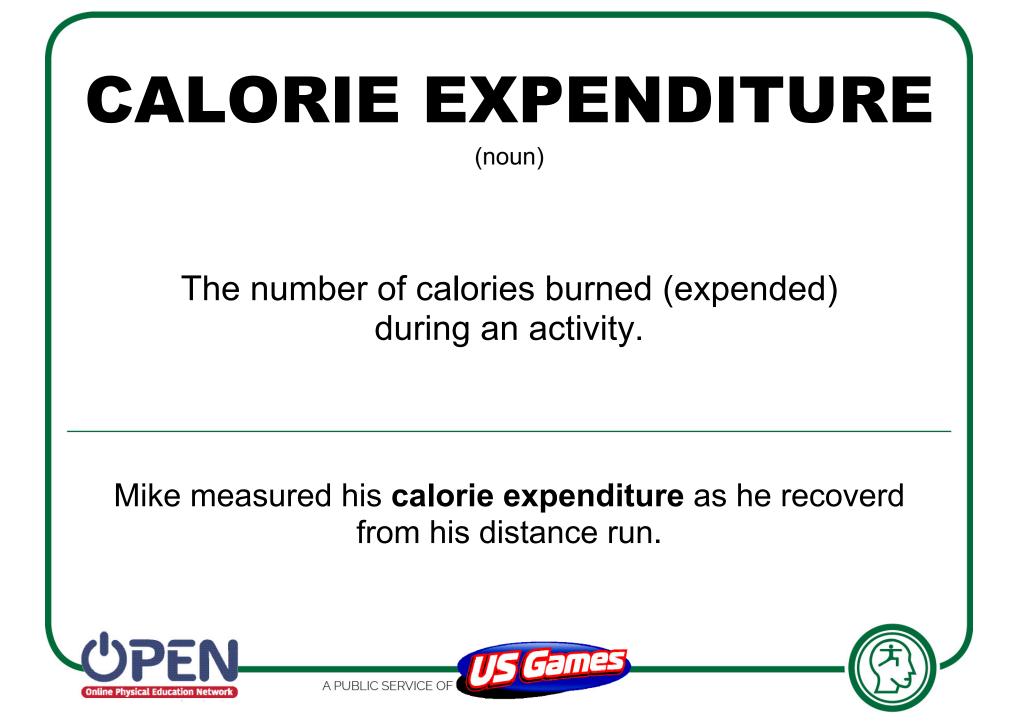
A scale that allows an athlete to rate how hard they believe they are exercising. The range goes from "no effort" to "max effort."

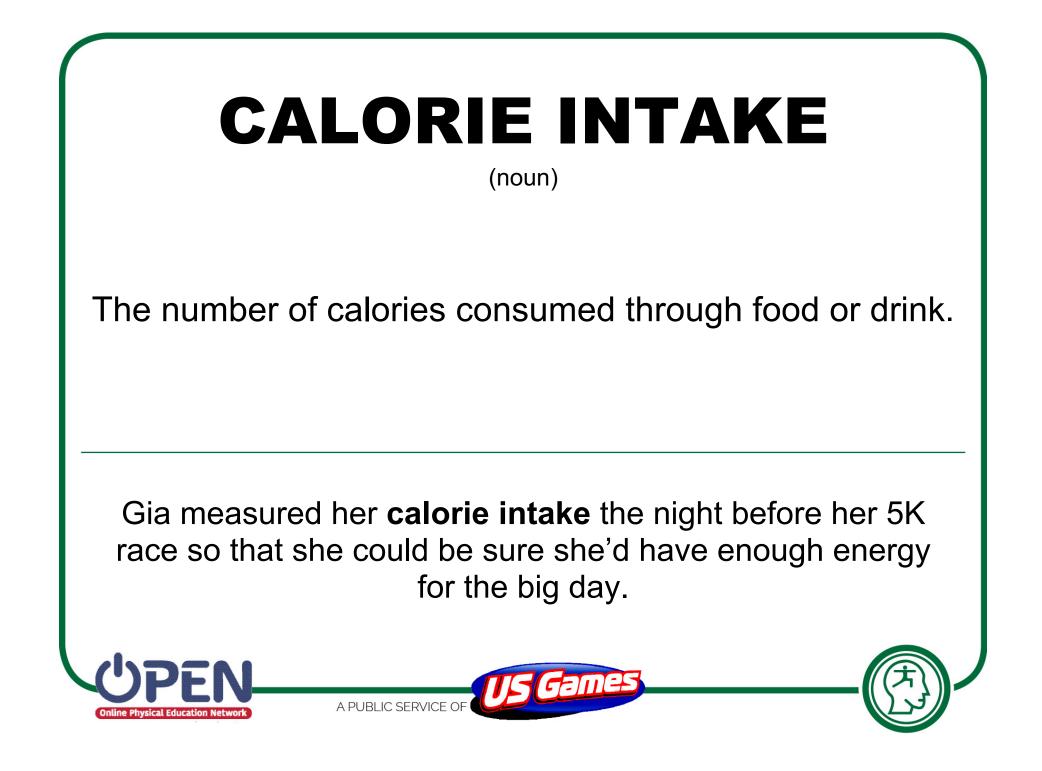
Brian rated his effort as a 8 on the **Borg RPE Scale**.

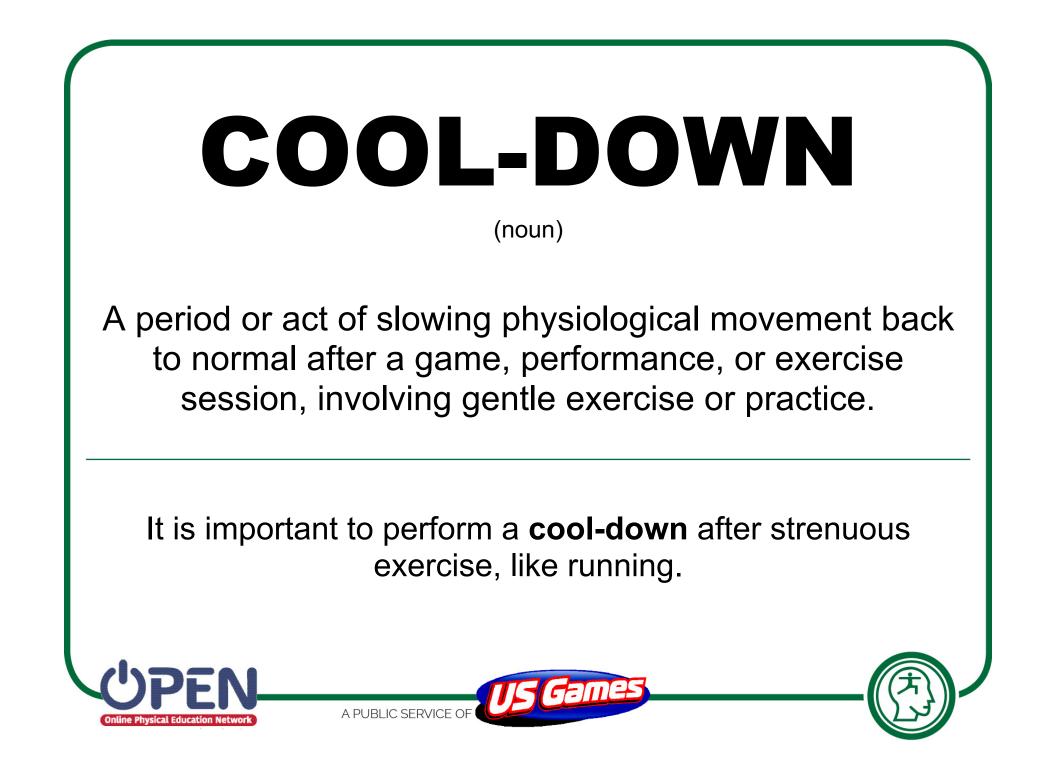




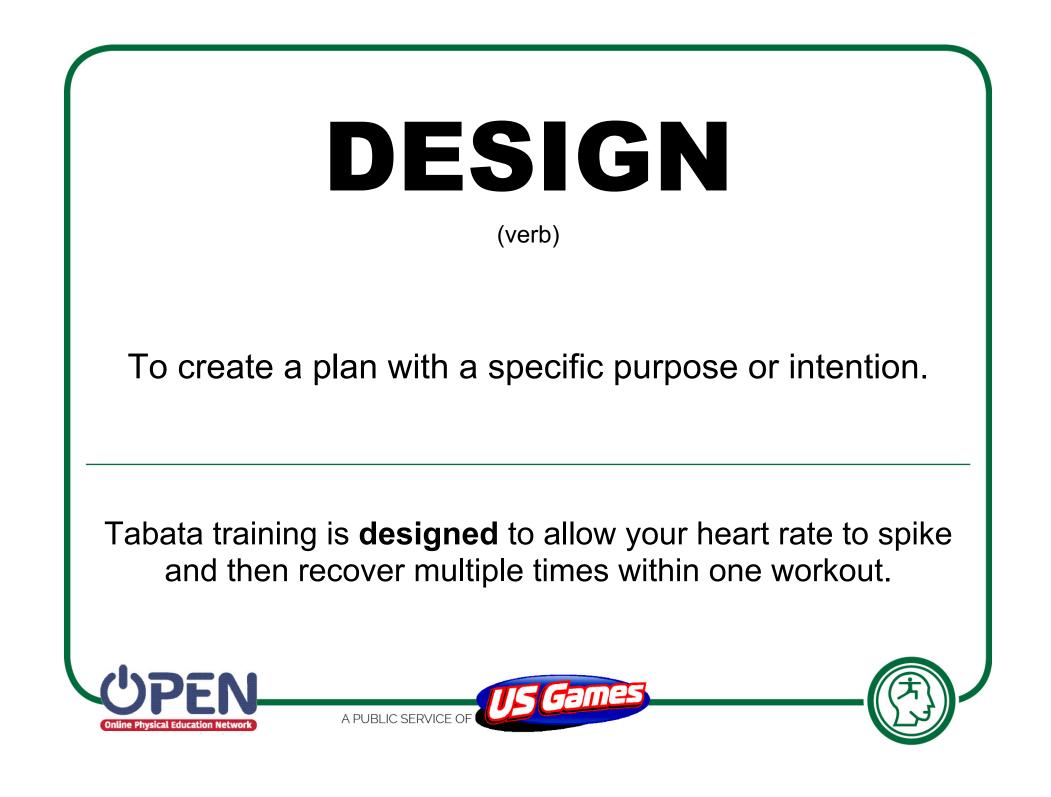












EMOTIONAL FITNESS

(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)

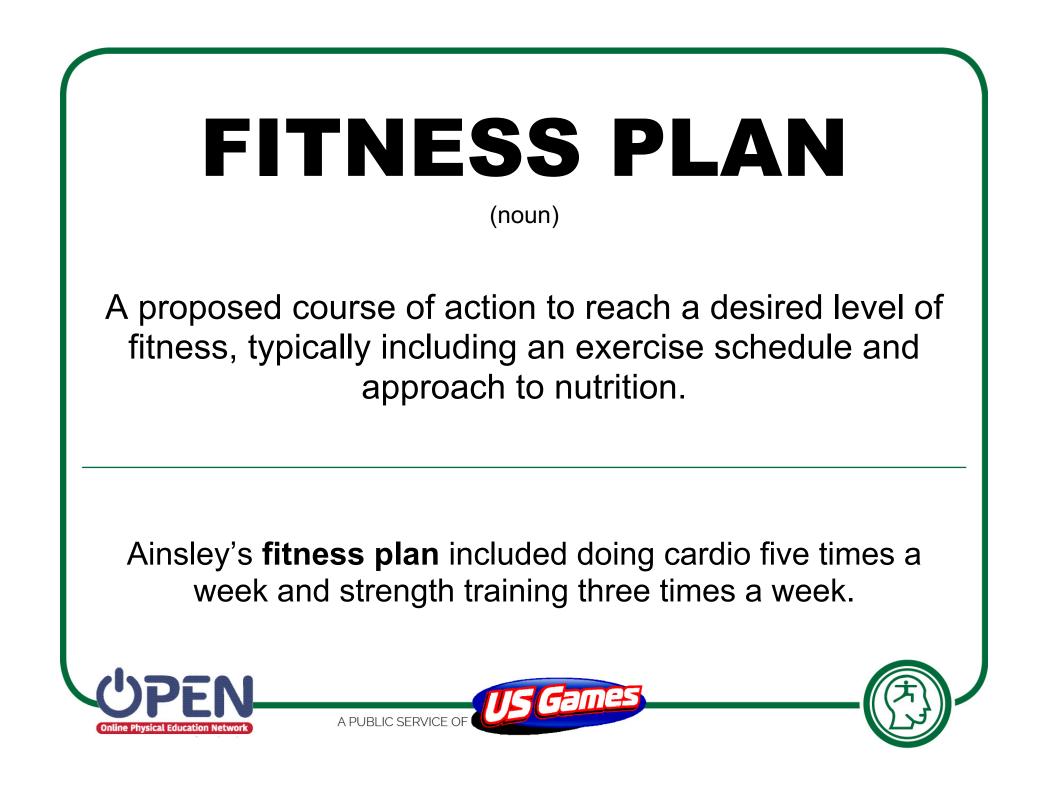
The degree to which the total organism is able to meet the physical, intellectual, and emotional demands for everyday living, as well as cope with emergencies.

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









FITT PRINCIPLE

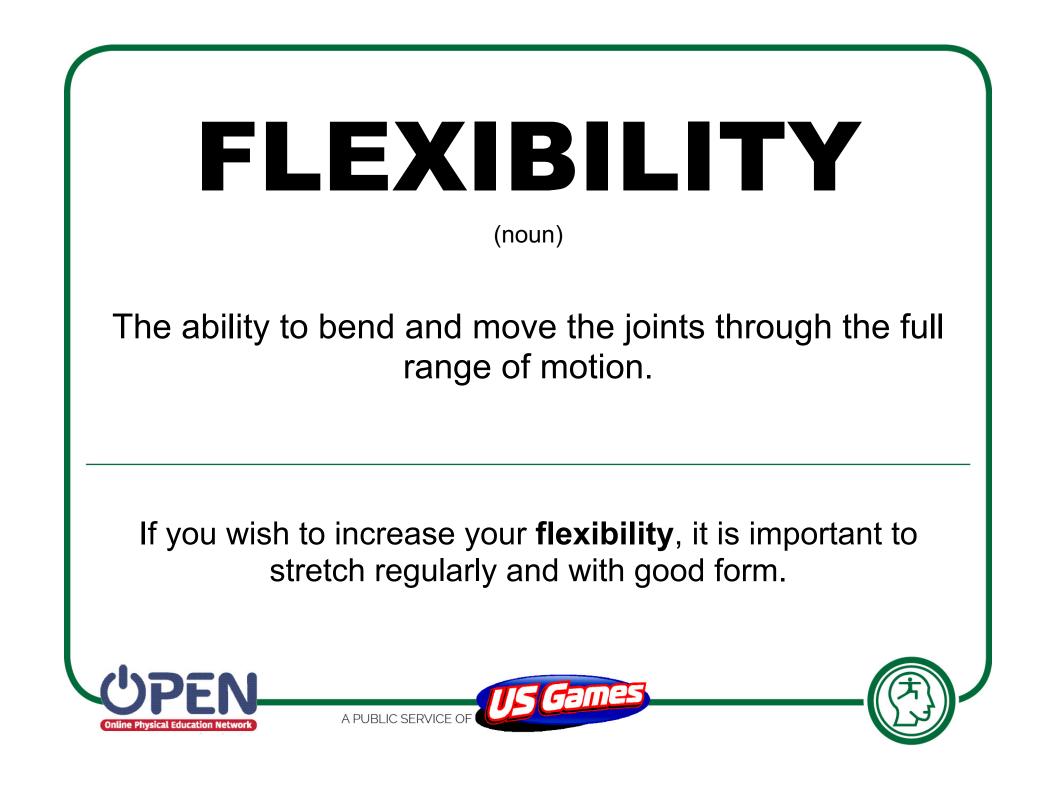
A personal fitness concept that requires the inclusion of frequency, intensity, time, and type of exercise as four elements necessary for a comprehensive and successful fitness plan.

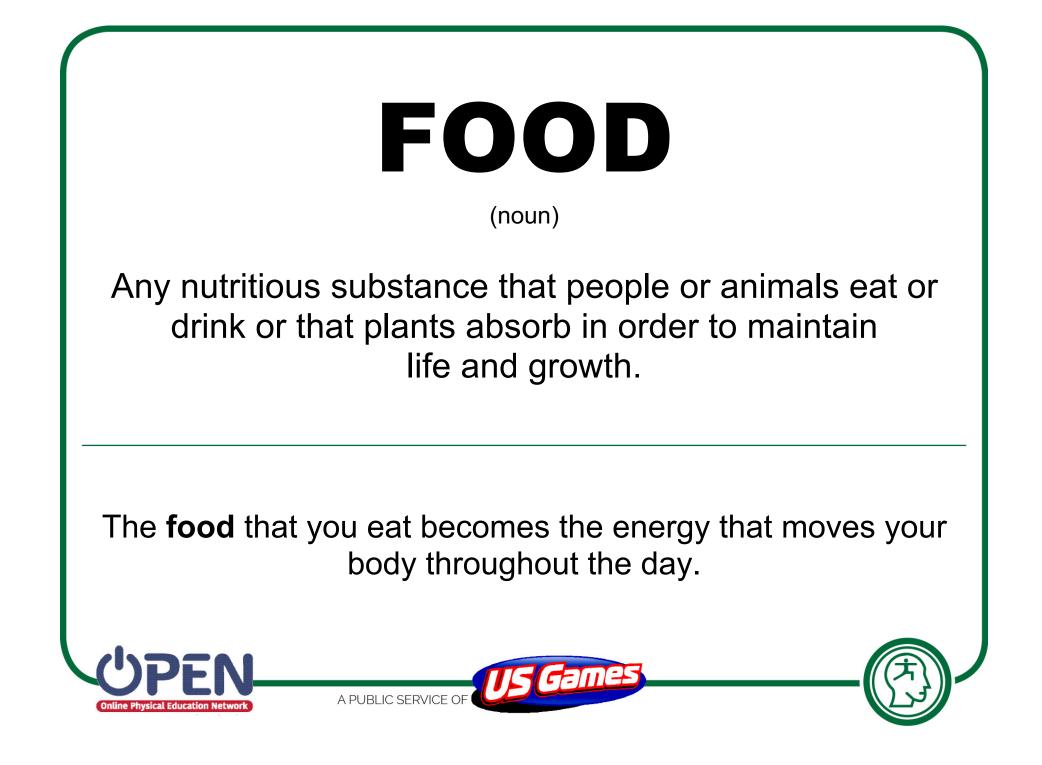
Malory included all elements of the **FITT principle** in her personal fitness plan.

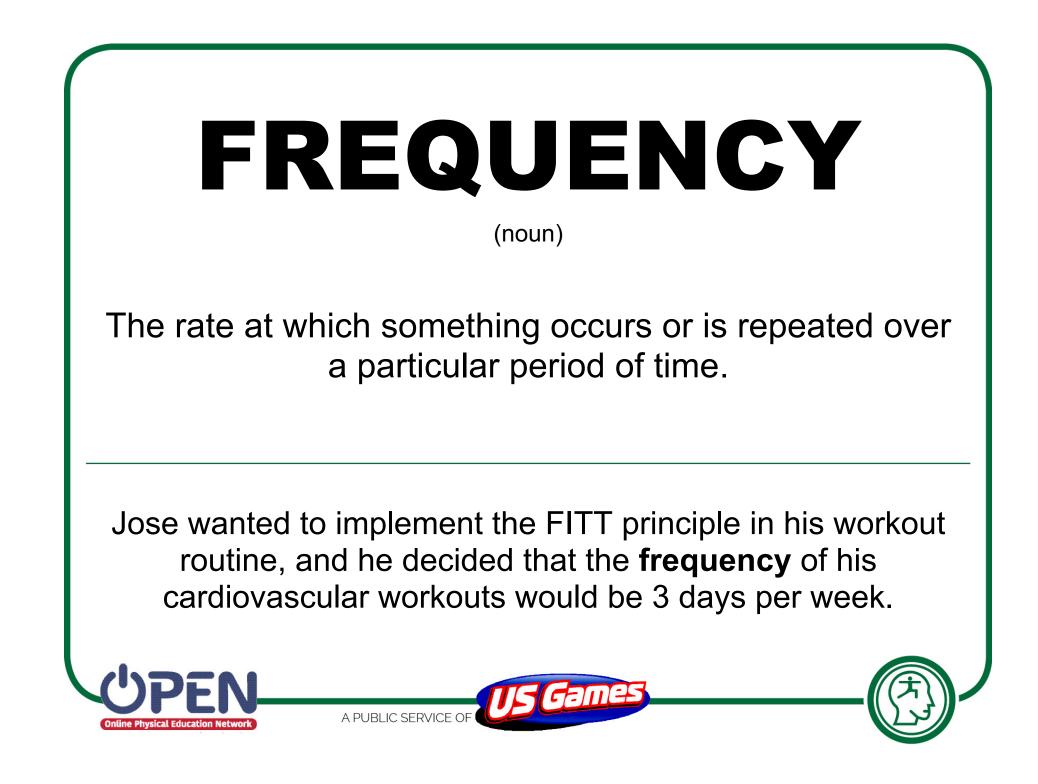


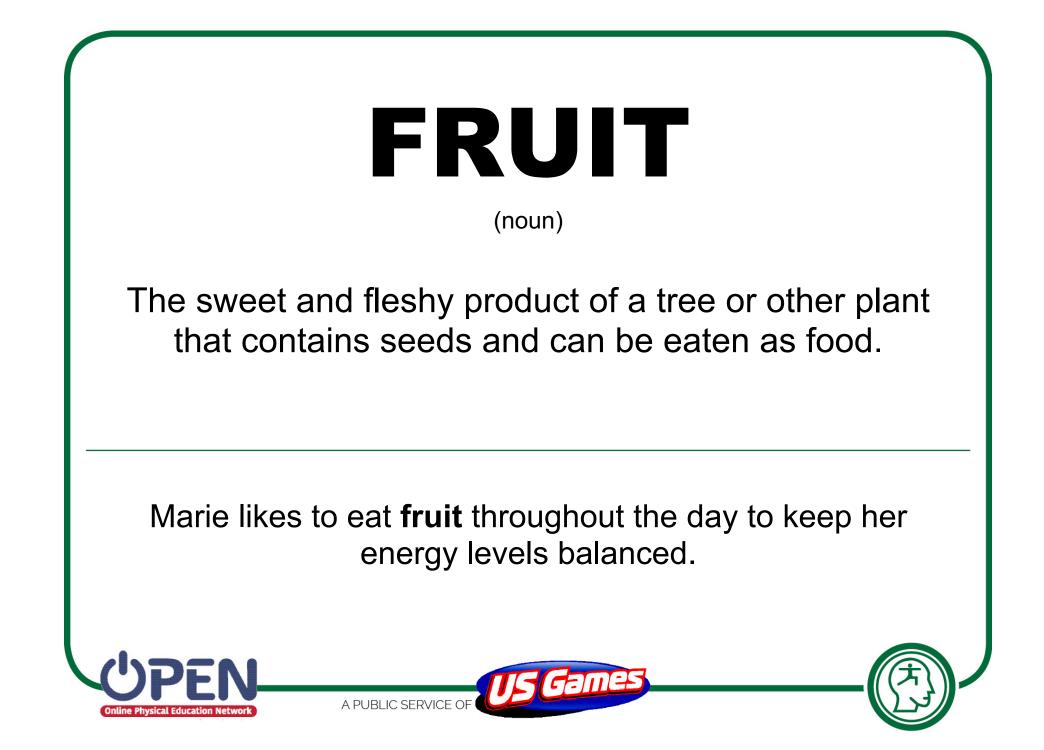


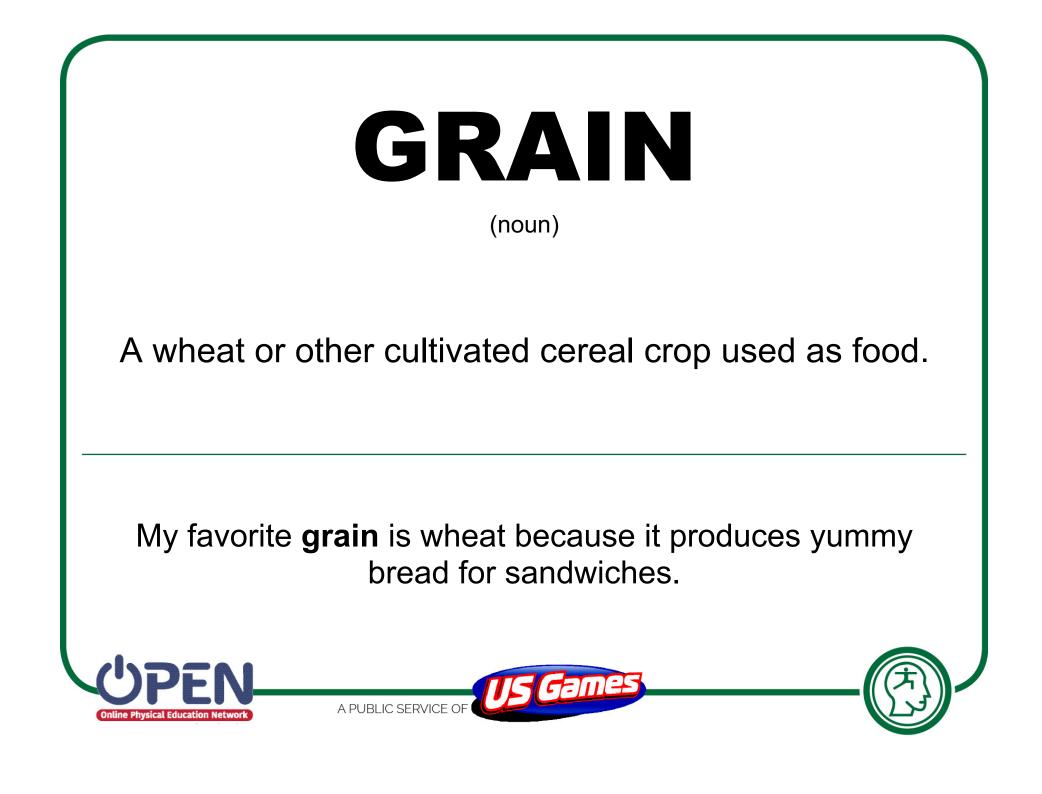












HEALTH-RELATED FITNESS

(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)

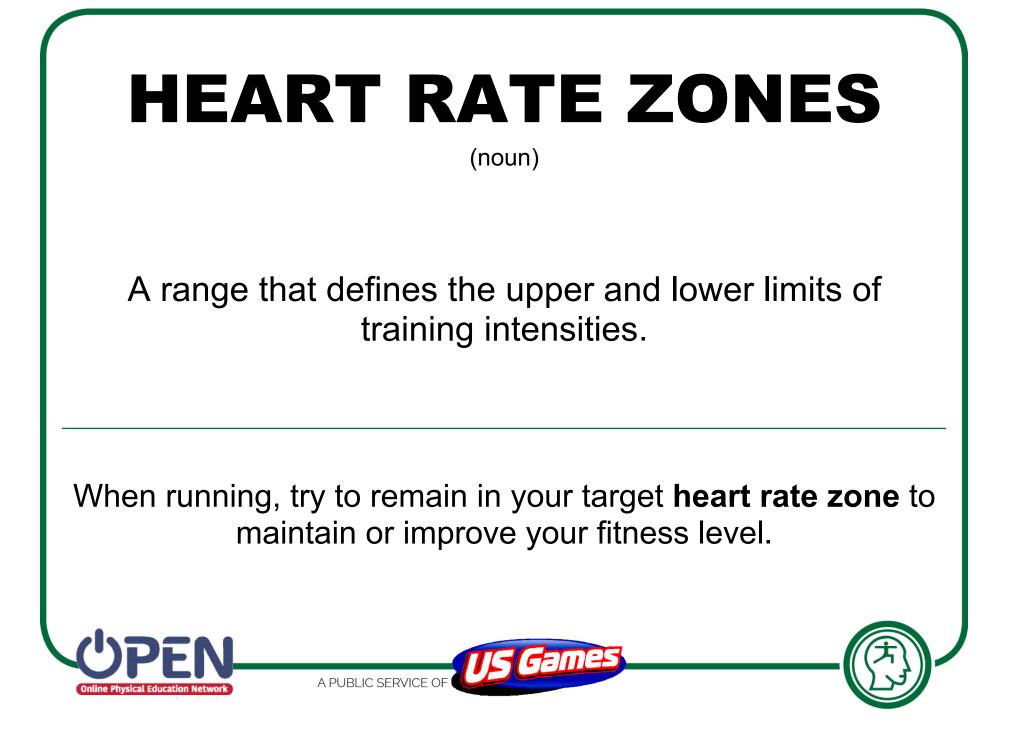
A personal monitoring device that allows you to measure and display heart rate in real time or record heart rate for later study.

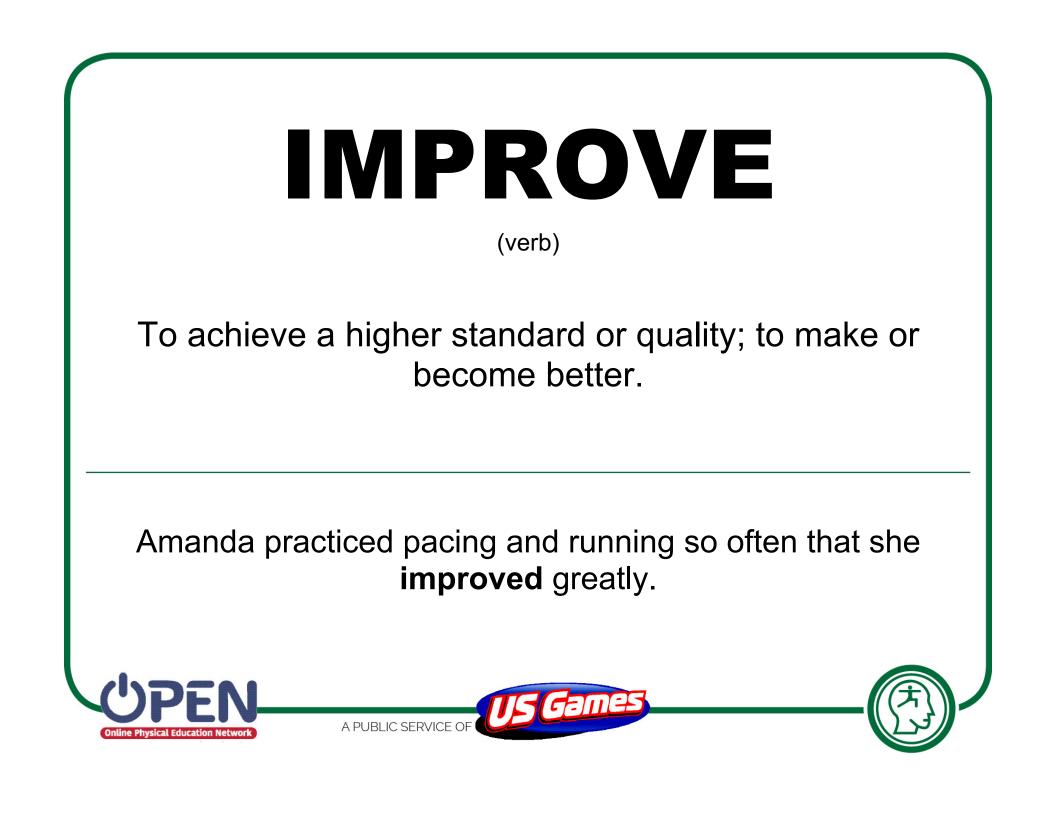
When running, we use **heart rate monitors** to track our progress and determine personal fitness levels.

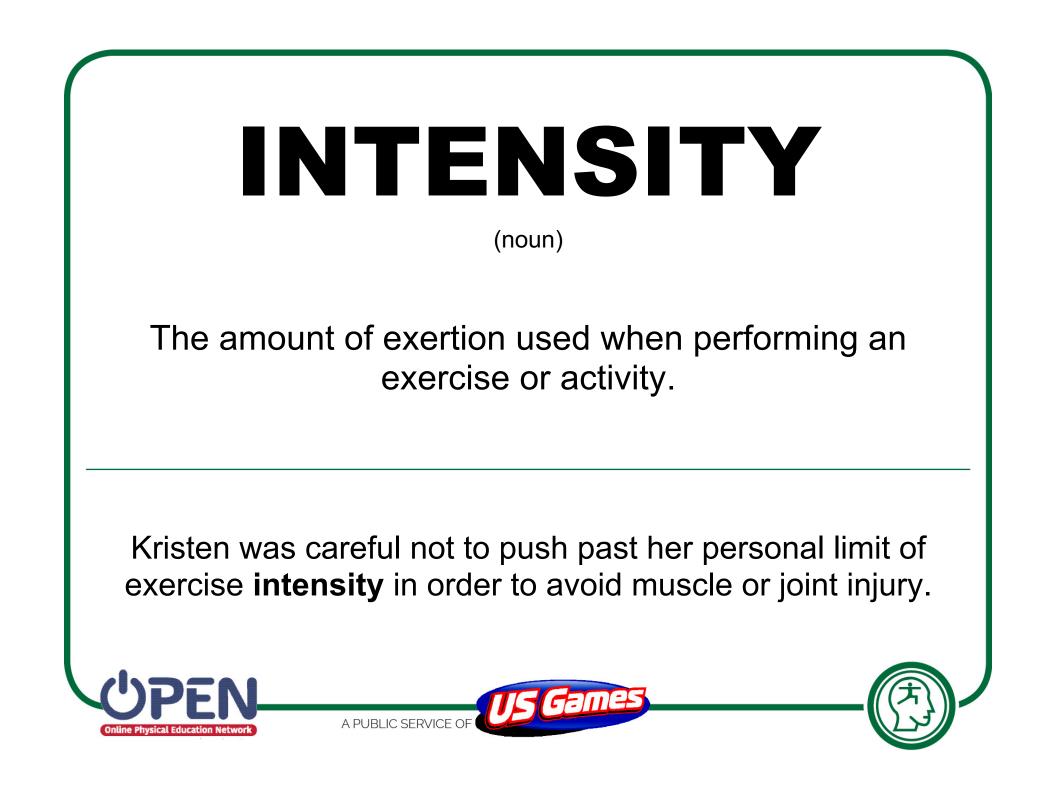


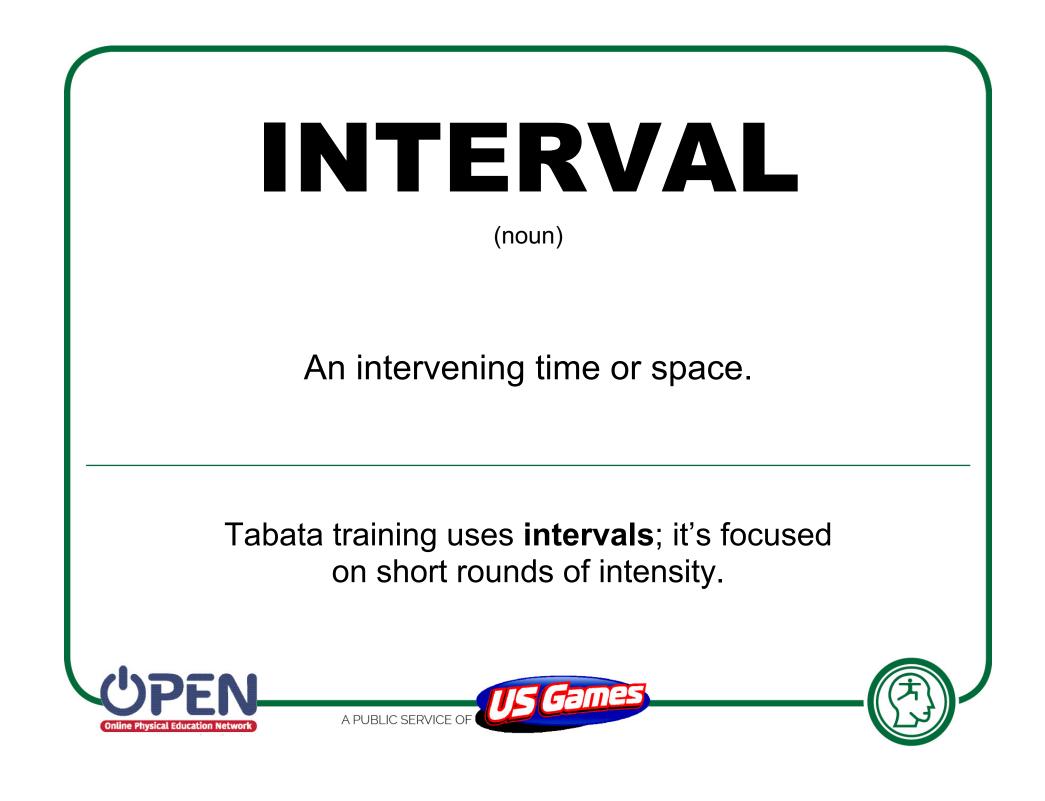












LACTIC ACID

(noun)

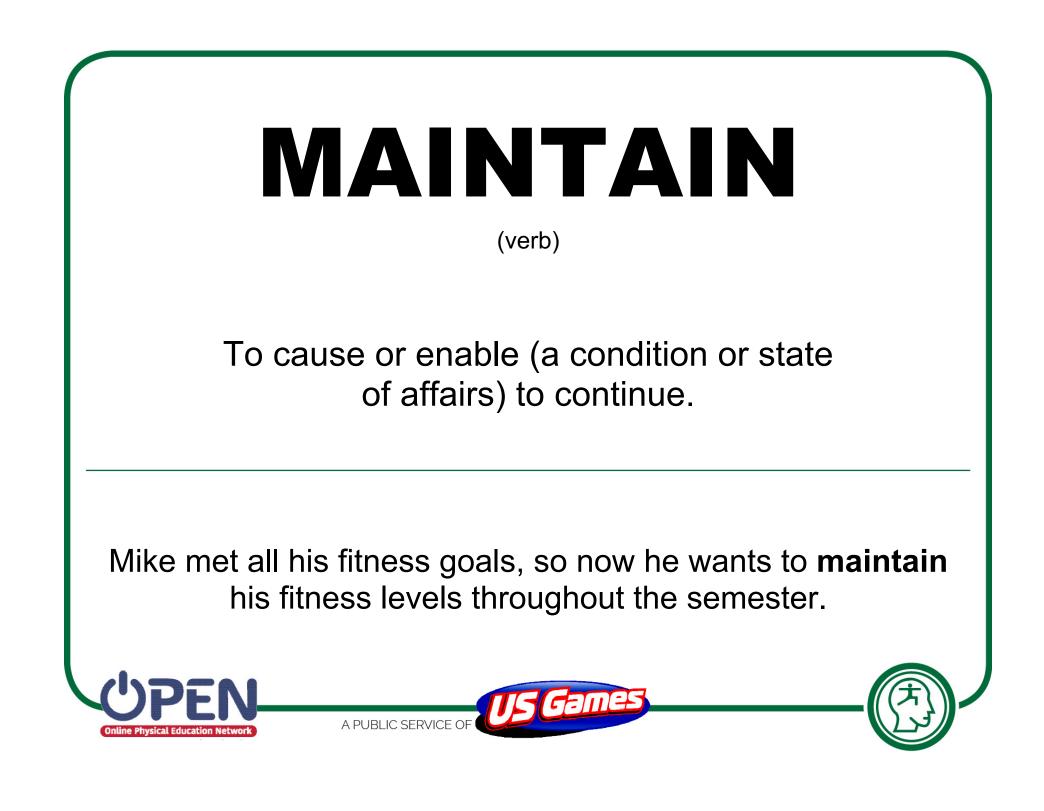
A chemical produced during exercise that arises when the body's demand for oxygen exceeds its capacity to take in oxygen. Lactic acid buildup during exercise causes a burning feeling in the muscles that is associated with fatigue.

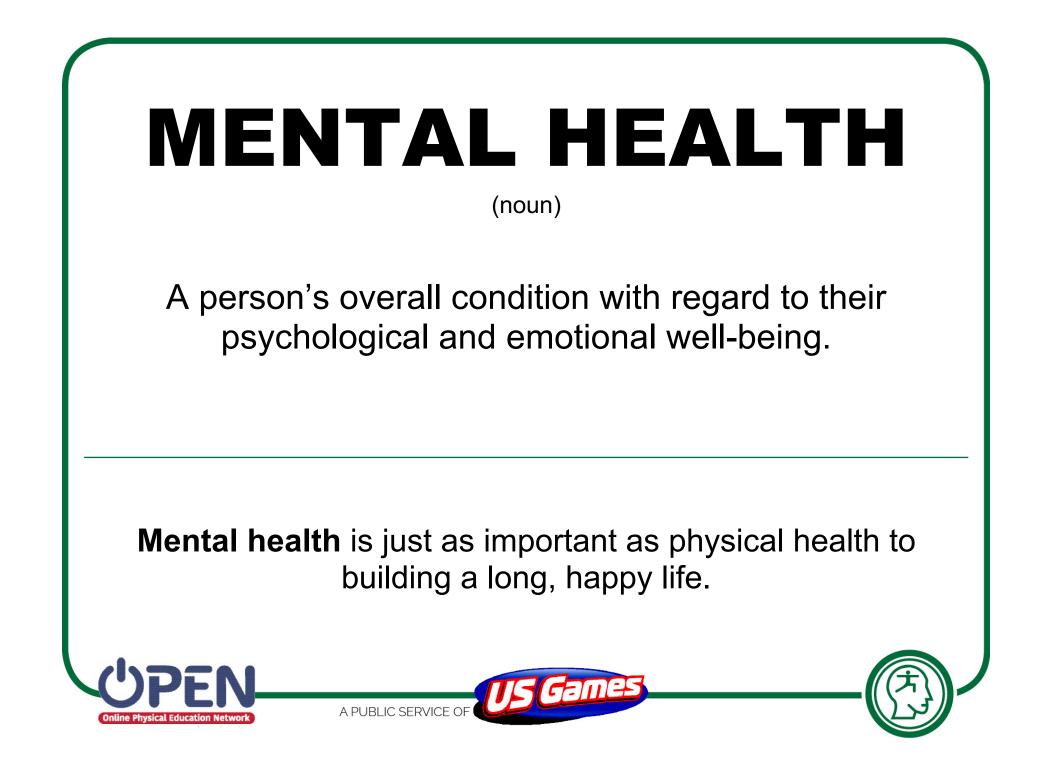
Jamila began to feel **lactic acid** build up in her legs during the 200M dash.

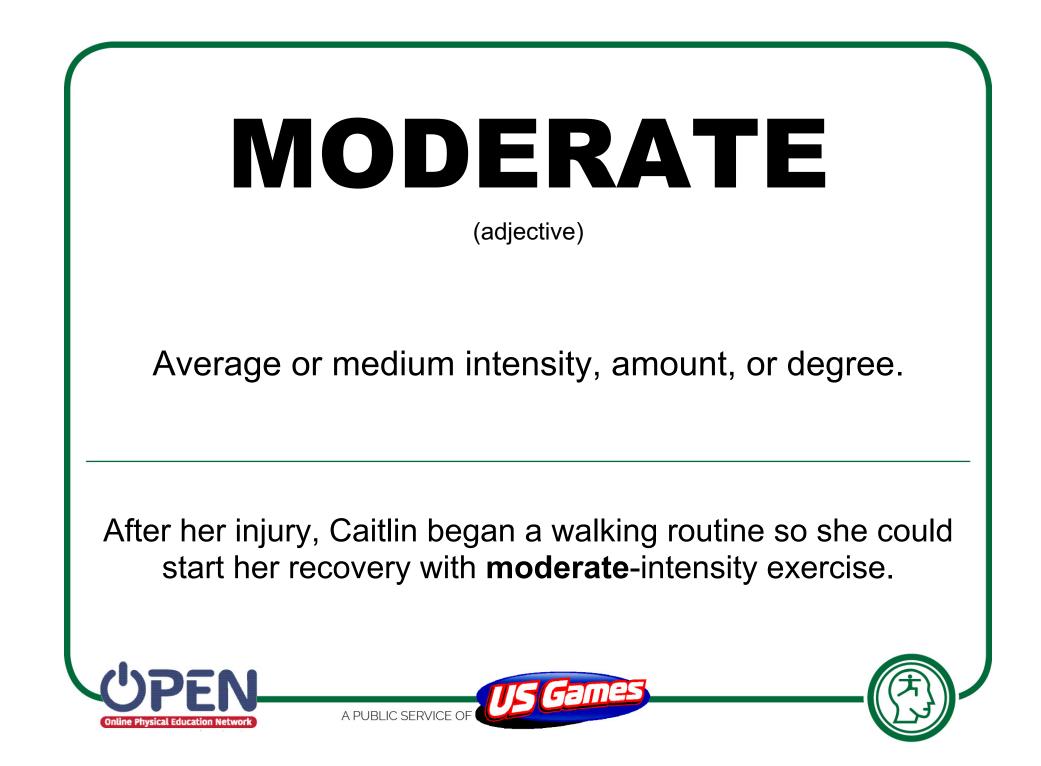


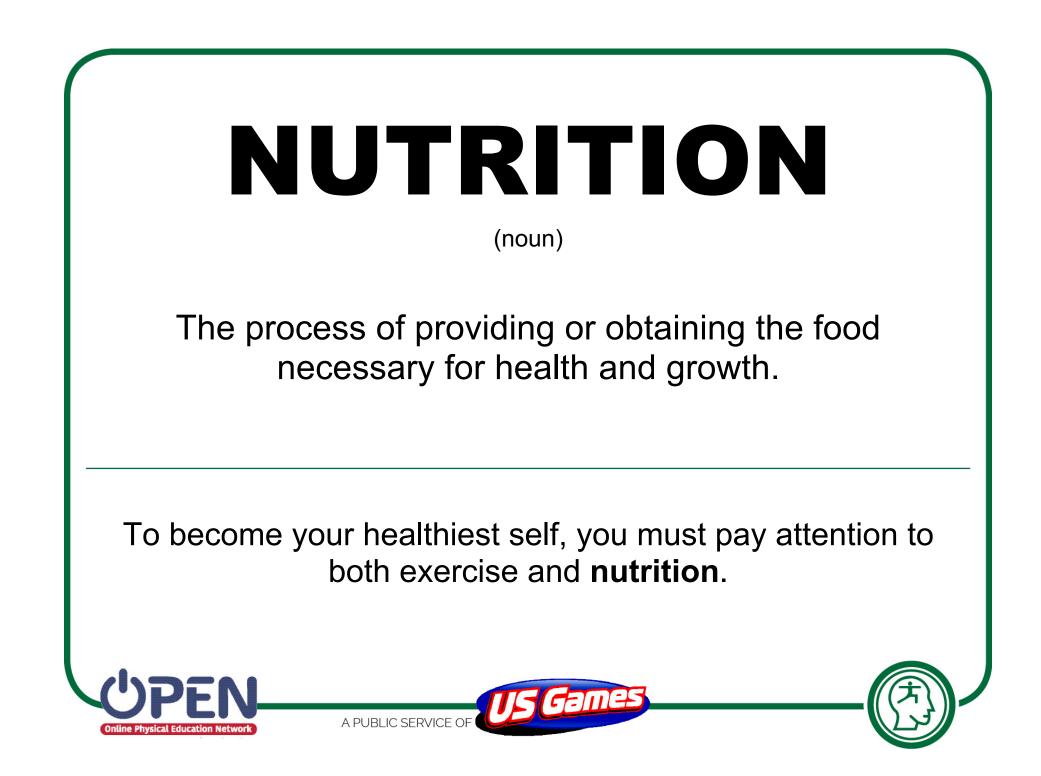












OVERLOAD PRINCIPLE

(noun)

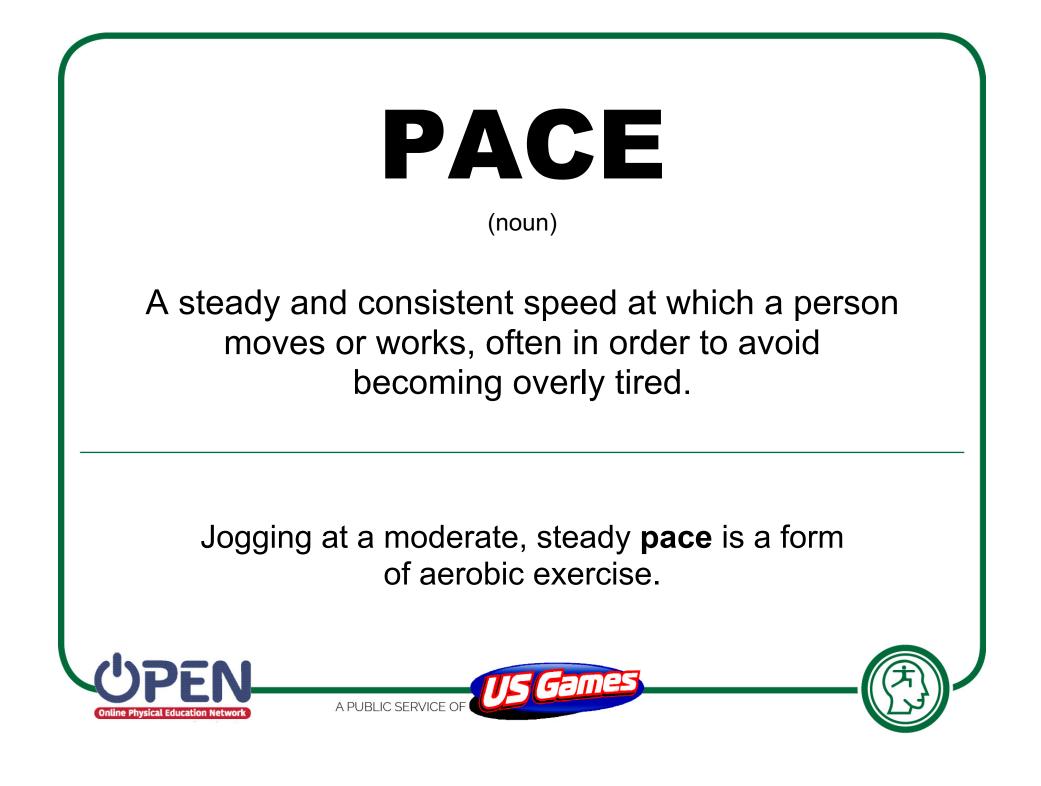
The scientific hypothesis that in order to improve, athletes must continually work harder as their bodies adjust to existing workouts.

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









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.
Online Physical Education Network



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 **skillrelated fitness** in order to gain every advantage on the field.







SOCIAL INTERACTION

(noun)

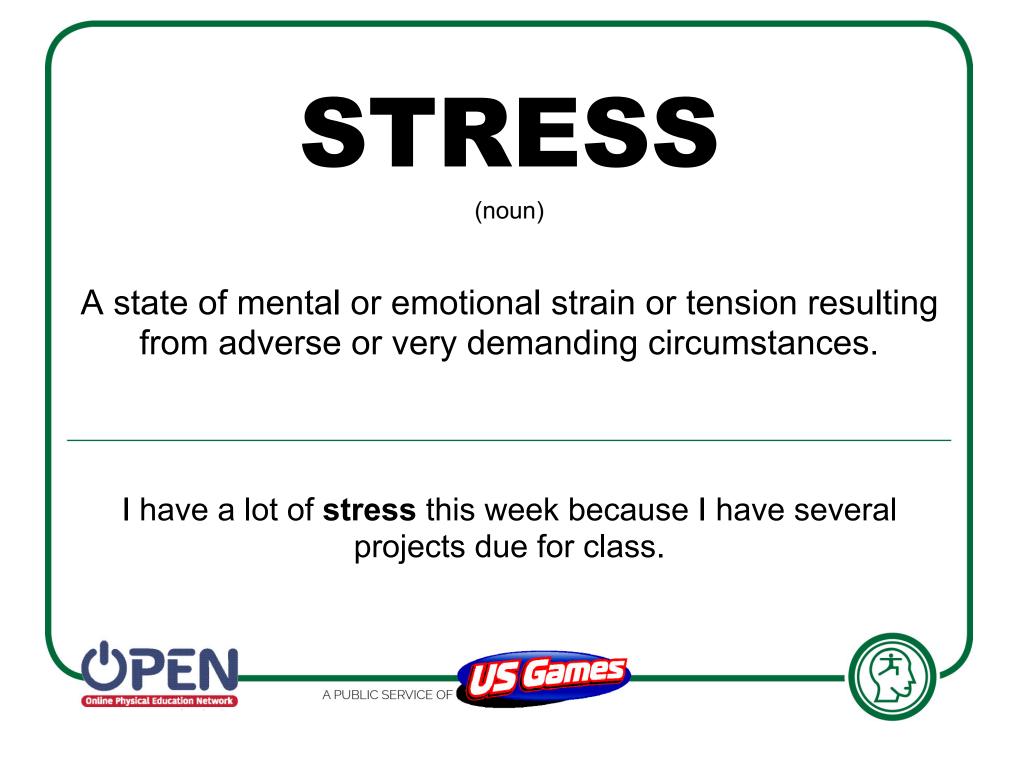
What happens when two or more people talk or exchange nonverbal cues.

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









TABATA

(noun)

A form of high-intensity interval training inspired by the research of Dr. Izumi Tabata. It is characterized by eight rounds with 20second 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

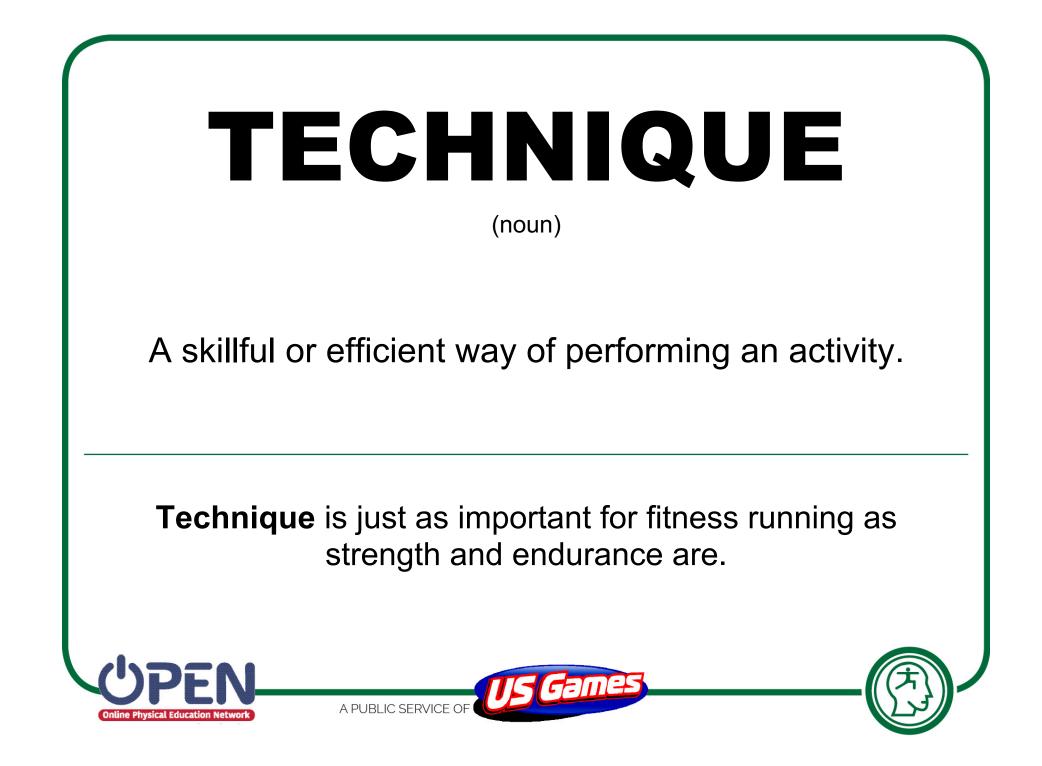
(noun)

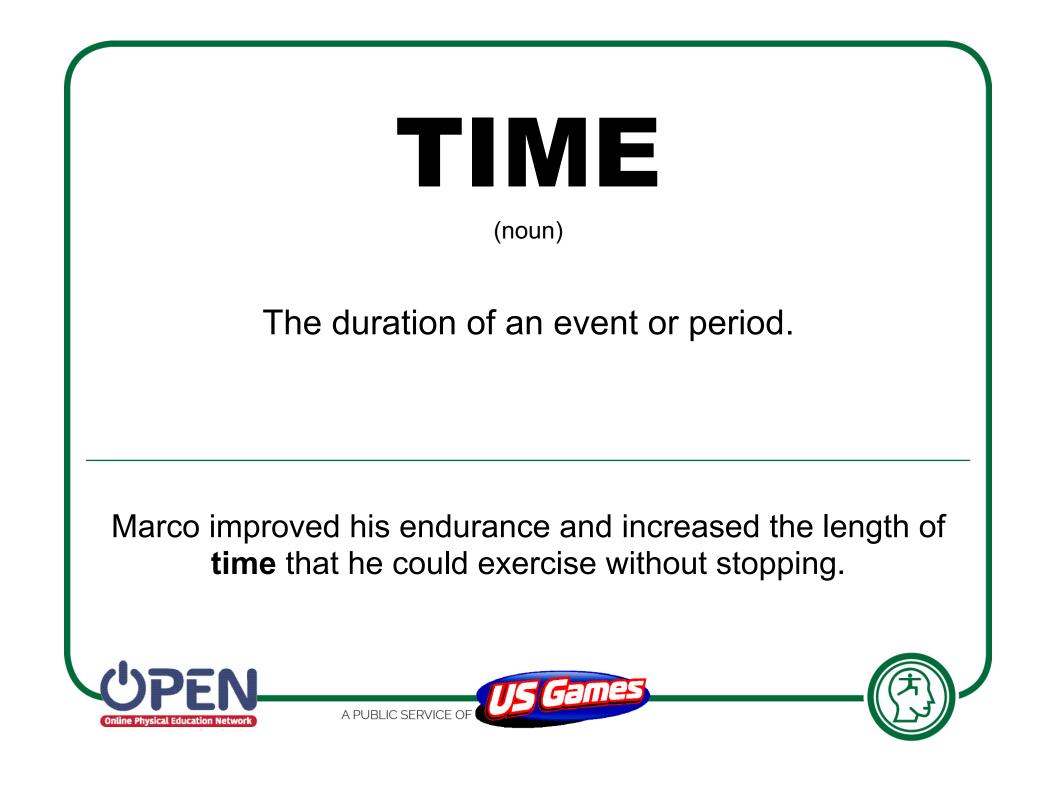
An ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

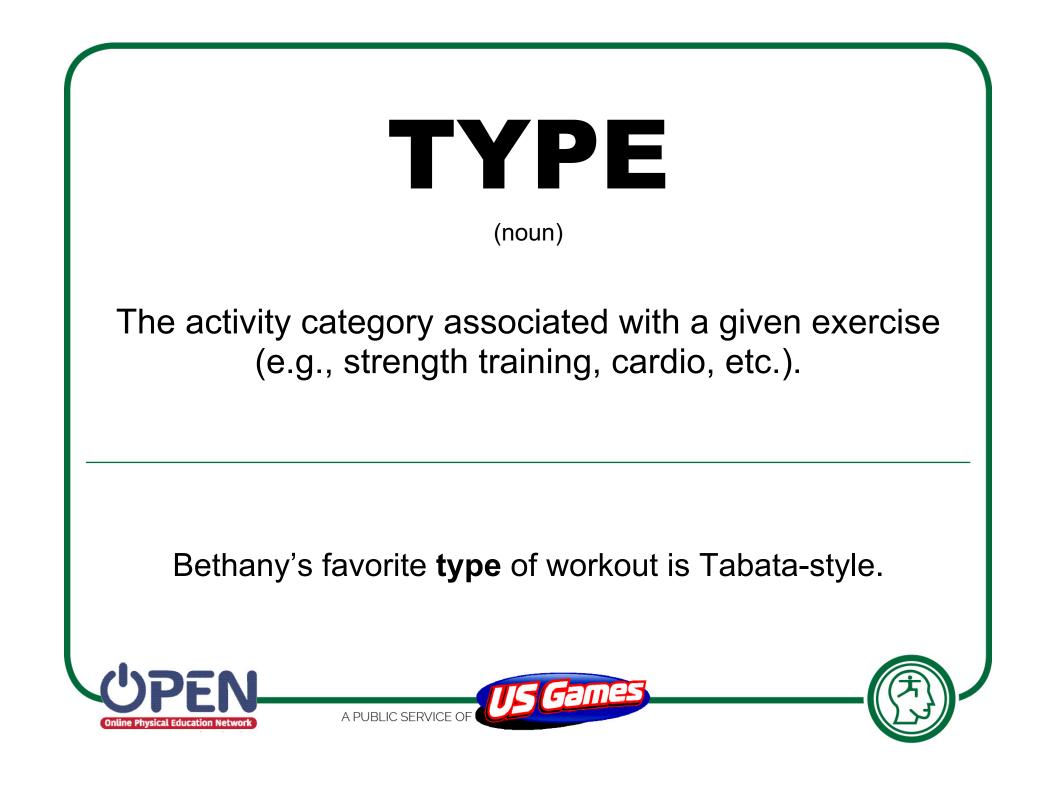
Nicole started practicing **tai chi**, which improved her balance and helped her learn new breathing methods while exercising.











UPPER BODY STRENGTH AND ENDURANCE

(noun)

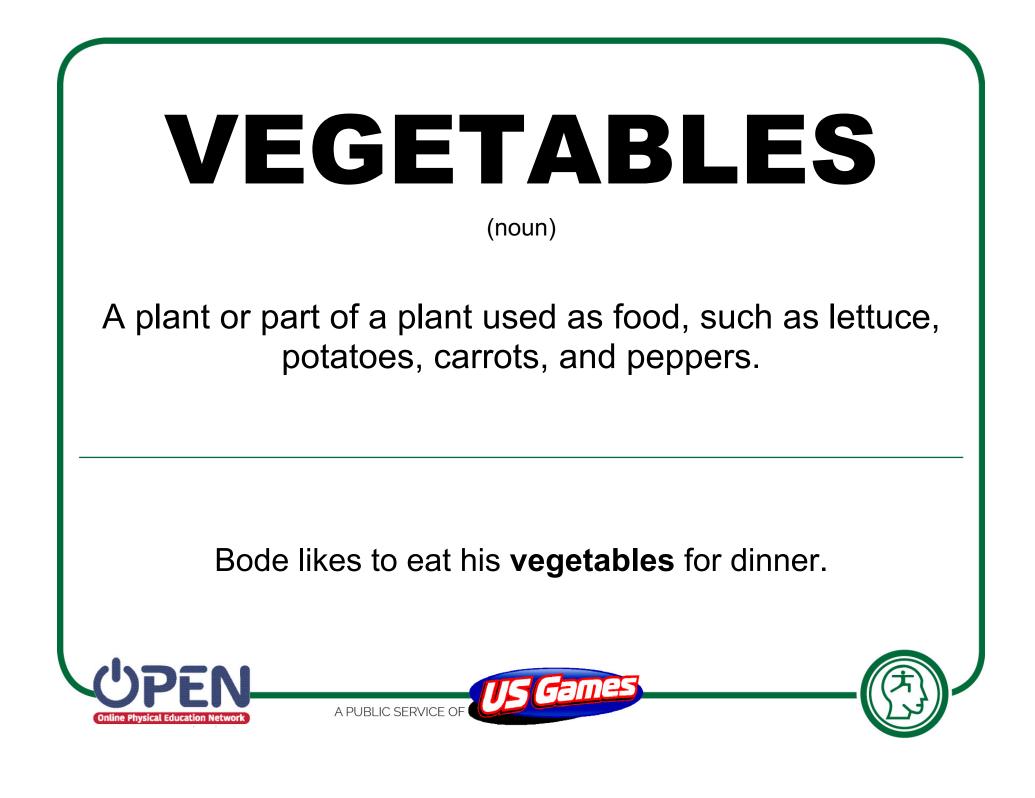
A key component of musculoskeletal fitness that affects important functional movements. It is assessed using the push-up test in FitnessGram[®].

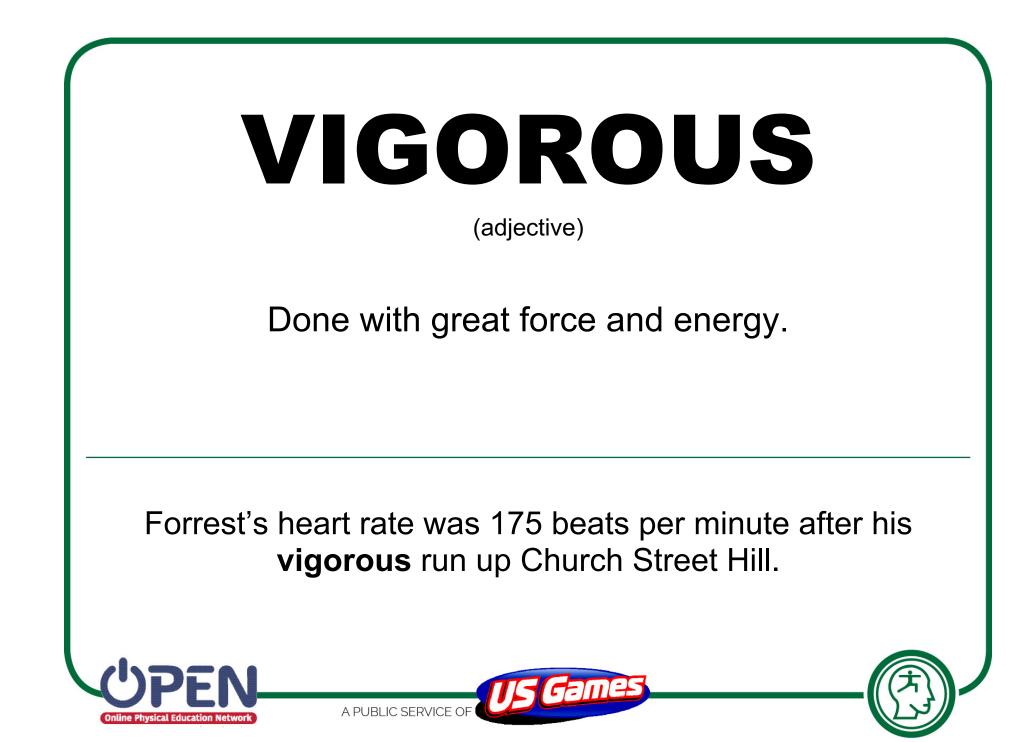
Joshua wanted to score in the Healthy Fitness Zone[®] for **upper body strength and endurance**, so he used a medicine ball during his daily Tabata workouts every day.











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.





