

# LIFETIME FITNESS

## Physical Education Vocab

Important words for us to understand and use.

**AEROBIC CAPACITY:** 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.*

**ANALYZE:** To examine something in order to gather important information.

*Chadwick **analyzed** his activity choices as he built his fitness plan.*

**BALANCE:** Upright and steady.

*Steffano was able to keep his balance while he stood on 1 foot.*

**BODY COMPOSITION:** Measurement of the percentage of fat, muscle, water, and bone found in the human body.

*Joe maintained his healthy body composition by staying active every day and eating healthily.*

**COURAGE:** The ability to do what's right even though you feel fear.

*Corina showed **courage** on the first day of school. She came to class even though she felt nervous.*

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**EMOTION:** A natural feeling that happens because of a specific situation or in a specific environment.

*Happiness is a good emotion that everyone wants to feel.*

**EXERCISE:** Physical activity that a person does specifically to improve health and fitness.

*Mr. Kline taught the students an **exercise** they could do at home to improve muscular strength.*

**FITNESS PLAN:** A course of action designed to reach a desired level of fitness.

*My **fitness plan** includes a variety of physical activities that I enjoy.*

**FITT Principle:** The foundation of personal fitness planning. It stands for Frequency, Intensity, Time, Type.

*Boise used the **FITT Principle** to create his monthly fitness plan.*

**FLEXIBILITY:** 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.*

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**FREQUENCY:** The rate at which is repeated over a particular period of time.

*The **frequency** of Jessica's muscular fitness exercise is 3 times per week.*

**HEALTH:** The state of being free from sickness or injury.

*Micha was in good **health** because he was physically active every day and always ate nutritious foods.*

**HEALTH BENEFIT:** An improvement to a person's overall wellbeing resulting from a physical activity or food choice.

*A healthy immune system is one **health benefit** of regular aerobic activity.*

**HEALTH-RELATED FITNESS:** A group of 5 physical characteristics that contribute to a person's overall well-being. The 5 components of Health-Related Fitness include Aerobic Capacity, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition.

*It's important to consider our health-related fitness when we're creating a physical activity routine.*

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**HEART HEALTH ZONE:** A heart rate (Beats Per Minute) zone from 60% to 90% of Max HR (~120 to 180 BPM). This zone provides the maximum health benefit to one's heart.

*We are learning how to pace our activity intensity to stay in our heart health zone.*

**HEART:** The muscular organ that pumps blood through the body.

*Your heart is a muscle that gets stronger when you exercise.*

**IMPROVE:** To become better.

*Johnna worked to improve his balance so he could easily stand on 1 foot.*

**INDEPENDENT:** The ability to think and act for yourself.

*The students were independent and could safely move without teacher reminders.*

**INTENSITY:** The amount of effort 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**.*

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**MOTIVATION:** A reason to do something. The desire to reach a goal.

*Jenna's motivation for wearing her mask was to keep her family healthy.*

**MUSCULAR ENDURANCE:** The ability of a muscle to continue to perform and do work without fatigue.

Keira showed the teacher her muscular endurance by holding plank position for 30 seconds without a rest.

**MUSCULAR STRENGTH:** The maximum amount of force a muscle can produce in a single effort.

*Orion used his muscular strength to throw the ball as hard as he could.*

**PURPOSE:** The reason for doing something.

*Izzi's purpose for being active after school was to have fun with her friends.*

**RELAX:** To become less anxious. To de-stress.

*Kendra used equal breathing is a way to help the body and mind relax.*

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**SAFE:** Protected from danger.

*The students kept a safe physical distance during physical education class.*

**TIME:** The duration or length of an exercise or physical activity session.

*Get 60-minutes of daily activity by including a **time** of 30-minutes in the morning and 30-minutes in the afternoon.*

**TYPE:** The activity category associated with a given exercise (e.g., muscular fitness strength training, cardio, etc.).

*In order to improve her 10K race time, Pika chose cardio workouts as the **type** of exercise to improve her endurance.*