

# Fitness Health

## PHYSICAL EDUCATION VOCAB

Important words for us to understand and use.

⇒ **5 Components of Health-Related Fitness:** Characteristics that contribute to a person's overall well-being.

- 1. Muscular Strength:** Maximum force that a muscle can produce.
- 2. Muscular Endurance:** The ability of a muscle to continue to perform without fatigue.
- 3. Aerobic Capacity:** The ability of the body to take in, transport, and use oxygen during physical activity.
- 4. Flexibility:** The ability of bone and attached muscles to move through the natural range of motion provided by a skeletal joint.
- 5. Body Composition:** The ratio of lean tissue to fat tissue in the body.

⇒ **5 Food Groups:** Categories of foods that are similar in the type nutrition they provide.

- 1. Fruits:** Sweet, edible parts of trees and plants.
- 2. Vegetables:** Edible parts of plants which can include roots, leaves, and flowers.
- 3. Grains:** Foods made with the harvested seeds of grass plants.



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4. **Protein:** Foods that provide a significant source of protein such as meat, beans, eggs, soy, nuts, and some seeds. Some proteins also fit into the vegetable group.

5. **Dairy:** Foods, primarily made from milk products, that provide a significant source of calcium. Milk products that have little or no calcium are not in the Dairy Group.

⇒ **The FITT Principle:** Four elements needed for a comprehensive fitness plan.

1. **Frequency:** The rate that something is repeated over time. How often it happens.

2. **Intensity:** The amount of sustained effort used during physical activity.

3. **Time:** The duration of a single session of physical activity.

4. **Type:** The activity category associated with an activity (aerobic, strength, flexibility, mindfulness).

⇒ **Water:** A colorless, transparent liquid that forms the basis of the fluids that are required for life. Water is not a food group but is important to consider when looking at a person's nutritional needs.

