Fitness Plan
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.