

BODY COMPOSITION

(noun)

Measurement of the percentage of fat, muscle, water, and bone found in the human body.

Ryan maintained his healthy body composition by staying active and eating healthfully.



CARDIORESPIRATORY ENDURANCE

(noun)

The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise.

Terry improved her cardiorespiratory endurance by doing jumping jacks until she felt her heart rate and breathing get faster.



COOPERATION

(noun)

The process of working together for a common goal or outcome.

The team demonstrated cooperation in order to complete the task.



CULTURAL TRADITION

(noun)

A custom or belief that is passed down through generations. A custom that is done year after year within a larger community or within related groups of people.

Josie shared one of her family's cultural traditions she was looking forward to during the winter holiday break.



DICTATION

(noun)

The action of saying words out loud to be written down, typed, or recorded.

Samuel utilized dictation to complete some of his schoolwork while his arm was in a cast.



DIETARY RESTRICTION

(noun)

A limitation on the foods a person can eat, often for medical or religious reasons.

Jonathon was not able to eat peanuts due to a dietary restriction.



EXPERIENCE

(noun)

**Something personally encountered,
undergone, or lived through.**

Zed shared his experience of not doing well on an exam after not getting enough sleep the night before.



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.

The class discussed the FITT Principle as they were making a plan to improve their health-related fitness.



FOOD LABEL

(adjective)

Label required on most packaged foods and beverages to show what nutrients and ingredients are included.

Shelby reviews the food labels before deciding which snack she feels is the healthiest choice.



FOOD RELATIONSHIP

(noun)

The way in which a person is connected to food, including what, when and how much they eat, as well as their thoughts, feelings and beliefs about food and eating.

Christina has a positive food relationship and likes to eat a lot of nutritious foods but also enjoys occasional treats.



GOAL

(adjective)

An aim or desired result.

Kachi's goal was to drink more water each day instead of drinking soda.



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.

Finding a variety of physical activities that you like is a good way to improve and maintain all five components of health-related fitness.



HEALTHY

(adjective)

A state of physical, mental, and social well-being.

Our teacher has a goal of trying to maintain a healthy lifestyle.



HEAT-RELATED ILLNESS

(noun)

A serious medical condition resulting from the body's inability to cope with a particular heat load. Can include heat cramps, heat exhaustion, and heat stroke.

It is important to learn about ways to prevent heat-related illness if you are going to exercise outside during the summer.



INFLUENCE

(adjective)

The power to have an important effect on someone or something.

Herman's family had a big influence on his thoughts and beliefs about food.



LEADERSHIP

(noun)

The effective use of people skills to organize and motivate others to work cooperatively toward a common goal.

Brandon noticed that his group was having a hard time completing their task, so he took a position of leadership and began to encourage them.



LOCOMOTOR

(adjective)

A type of movement used to get from place to place.

The teacher chose a different locomotor skill for each round of the relay race.



MOVEMENT

(noun)

**The act, process, or result
of moving.**

When you dance, one movement flows smoothly
into the next movement.



NUTRIENT

(noun)

A substance that provides nourishment essential for growth and the maintenance of life.

Most healthy foods contain multiple different nutrients.



NUTRITION

(noun)

The study of food and how it works in your body.

Mr. Parker shared the ways he conducted research to improve his knowledge about good nutrition.



PARAGRAPH

(noun)

**A distinct section or piece of writing,
usually focused on a single
theme or topic.**

Andrea read the first paragraph of the book out loud
for the class.



PREFERENCE

(noun)

Liking something better than others.

Kenneth had a preference for oranges more than apples.



PUBLIC SERVICE ANNOUNCEMENT

(adjective)

**A message intending to raise
awareness and change behavior.**

Our class worked on a public service
announcement for National Physical Education
and Sport Week.



RELAXATION

(noun)

A state of feeling free from tension or anxiety.

Josh's favorite form of relaxation is laying down with his eyes closed.



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.

Sage knew that improving his skill-related fitness was essential to becoming a better athlete.



SLEEP

(noun)

A sedentary state of mind and body that typically occurs for several hours each night.

We should all try to get 8 hours of sleep each night.



STRESS MANAGEMENT

(noun)

The process of using specific strategies in order to reduce anxiety and balance emotional well-being.

Using exercise as stress management is a good way to help students prepare for final exams.



TEAMWORK

(noun)

The combined action and effort of a group of people working toward a common goal or purpose.

Belle and Nina displayed incredible teamwork as they completed the partner activity.



TECHNOLOGY

(noun)

Tools that can be utilized to assist with gathering of information and performance of a variety of tasks.

Karen used technology to assist with her research on the benefits of sleep.

