

GENERAL HEALTH VOCABULARY

Anaerobic Exercise- The cells of the body are not using oxygen during exercise. This form of exercise is found in activities such as weight-lifting or sprinting.

Closed Skills- Motor skills that are performed in an environment that is largely stable and predictable (e.g. archery, foul shooting in basketball, gymnastics)

Cognitive Skills- The use of skills and understandings that relate to decision making and intellectual learning.

Conditioning- Engaging in regular physical activity or exercise that results in an improved state of physical fitness.

Dehydration- Excess fluid loss from the body; symptoms include weakness and fatigue.

Empathy- Understanding of another's feelings: the ability to identify with and understand another person's feelings or difficulties.

Exercise- Physical activity that is planned, structured, repetitive, and results in the improvement or maintenance of personal fitness.

Fitness- Capability of the body of distributing inhaled oxygen to muscle tissue during increased physical effort.

Fitness Plan- A plan developed after a self-assessment of the health related components of fitness. The plan should include the principles of overload, progression, specificity, regularity and individuality along with the FITT guidelines.

FITT- FITT is an acronym for Frequency, Intensity, Time and Type, which are four key ways that activity can be manipulated to create a desired outcome.

- **Frequency** In a personal fitness plan, how often you exercise.
- **Intensity-** In a personal fitness prescription, how hard you work.
- **Time-** In a personal fitness plan, the length of time you work.
- **Type-** In a personal fitness plan which activities you select

Health-Related Fitness- Physical fitness primarily associated with disease prevention and functional health. Five factors contribute to health related fitness: cardiorespiratory endurance, body composition, flexibility, muscular strength, and muscular endurance.

Individuality- The training principle that takes into account that each person begins at a different level of fitness, each person has personal goals and objectives for physical activity and fitness, and each person has different genetic potential for change.

Locomotion- Movement or the power to move from one place to another.

Open Skills- Motor skills that are performed in a changing environment. (e.g. soccer pass, field goal in basketball, tennis forehand)

Pace - the distance between every two steps you take

Physical Fitness- A level of individual physical ability that allows a person to perform daily physical tasks effectively with enough energy reserves for recreational activities or unexpected physical challenges.

Physically Active Lifestyle- A way of living that regularly includes physical activity such as walking, climbing stairs, or participating in recreational movements.

Repetition- The completed execution of an exercise one time.

Specificity- The training principle that states, improvement in personal fitness will occur in the particular muscles that are overloaded during physical activity or exercise. Also addressed by working on a certain component of fitness, such as flexibility exercises directly improve flexibility.

Strength - the ability of a muscular unit, or combination of muscular units to apply force.

Warm-up- A variety of low intensity activities designed to prepare your body for more vigorous activities.

FUNDAMENTAL MOTOR SKILLS

Locomotor skills: *a skill using the feet to move from one place to another or project the body upward*

- **Walking** - *the process of alternately losing balance and recovering while moving forward or backward in an upright position*
- **Running** - *same as walking but at a faster rate with brief moments of flight when both feet are off the ground*
- **Jumping** - *a springing action leaving the ground with one or two feet and landing on two feet*
- **Galloping** - *a combination of a step and a run in which there is a lead leg and a trail leg (same leg stays in front) - forward direction*
- **Sliding** - *a combination of a step and a run in a sideways direction*
- **Hopping** - *a springing action leaving the ground with one foot and landing on the same foot*
- **Leaping** - *an extension of a run using greater force; leaving the ground with one foot and landing on the opposite foot*
- **Skipping** - *a combination of a step and a hop, alternating feet*

Non-locomotor skills: *Movement in the space that the body or its parts can reach without traveling away from a starting location.*

- **Twisting** - *the rotation of a selected body part around its long axis*
- **Bending** - *moving a joint*
- **Swaying** - *fluidly and gradually shifting the center of gravity from one body part to another*
- **Stretching** - *moving body parts away from the center of gravity*
- **Turning** - *rotating the body along the long axis*
- **Swinging** - *rhythmical, smooth motion of a body part resembling a pendulum*

Manipulative skills: *A skillful movement done to or with objects such as throwing a bean bag, striking a soccer ball, catching a frisbee or juggling.*

- **Throwing** - *propelling an object away from the body using your hands*
- **Catching** - *receiving and controlling an object using the body or its parts*
- **Striking** - *making contact with an object using another object*
- **Kicking** - *making contact with an object using your feet*
- **Dribbling** - *the skill of striking an object multiple times in a row (using hands or feet)*
- **Volleying** - *making contact with an object using body parts*
- **Punting** - *the skill of kicking an object that has been released from the hands, while it is still in the air*

MOVEMENT CONCEPTS AND AWARENESS:

Skill-related Fitness - *The ability to perform successfully during games and sports; also called performance fitness. Skill related fitness has six components: agility, balance, coordination, power, speed, and reaction time.*

Body awareness - *what the body can do (transferring weight, balancing, flight, etc)*

- **Balance** - *the ability to control the placement of the body's center of gravity in relation to its support base while moving or staying still*
- **Static Balance**- *State of equilibrium, without movement. Stationary.*
- **Dynamic Balance**- *State of the body moving with constant speed and direction with zero acceleration.*

Space awareness - *where the body moves (personal, general, directions, levels, pathways, etc)*

Effort awareness - *how the body moves (time, speed, effort, force, etc) This concept defines how the body moves. It consists of three components: time (faster or slower), force (harder or softer), and flow (bound or free).*

- **Speed**- *The ability to move your body or parts of your body swiftly.*
- **Coordination** - *the ability to minimize transition time from one movement pattern to another*
- **Accuracy** - *the ability to control movement in a given direction or at a given intensity*
- **Power**- *the ability of a muscular unit, or combination of muscular units, to apply maximum force in a minimum time - The ability to move your body parts swiftly while at the same time applying the maximum force on your muscles.*

- **Absorption-** Interception of force or energy.
- **Agility-** The ability to change direction quickly and control movement of the whole body
- **Force-** That which alters or tends to alter a body's state of rest or uniform motion in a straight line. The pushing or pulling effect that one body produces on another body.
- **Friction-** The force that resists relative motion between two objects in contact with one another.
- **Gravity-** The pull on all bodies in the earth's sphere toward the earth's center.
- **Reaction Time-** The ability to react or respond quickly to what you hear, see or feel.

Relationships awareness- *how the body relates to objects and others (matching movements, mirroring movements, etc)*

COMPONENTS OF FITNESS:

Cardiorespiratory Endurance- is the ability of the heart and lungs to work together to pump blood and supply oxygen throughout the body to working muscles during prolonged activity.

Flexibility- is the ability to bend, stretch, and twist with ease through a full range of motion at many joints.

Muscular Strength- is the ability to exert maximum force or resist a heavy load.

Muscular Endurance- is the ability of muscles to move the body or object over a period of time without becoming overly tired.

Body Composition- is the combination of all the tissues that make up the body, including fat, muscle organs, bone and fluids.

CARDIORESPIRATORY SYSTEM-

Cardio- heart

Respiratory (System) - Relating to breathing (system in the body that takes in and distributes oxygen).

Endurance- the ability to perform an activity non-stop over a period of time without getting tired.

Circulatory System- The heart and the system of blood vessels in the body, including arteries, capillaries, and veins.

Cardiorespiratory- the ability of the heart and lungs to work together to pump blood and supply oxygen throughout the body to working muscles during prolonged activity.

Aerobic- the body using oxygen during exercise

Heart Rate- how many times the heart beats in one minute.

Blood- the fluid that moves through the arteries and veins carrying nutrients, hormones and antibodies.

Heart- A hollow muscle that acts as a double pump, contracting to force blood out and through the body. It has four chambers and is about the size of a fist. It is the motor of the body.

Lungs- An organ that absorbs oxygen from the air (inhaled) and gives blood the oxygen it needs for energy. Oxygen is replaced by carbon dioxide and is then exhaled.

Artery- The blood vessel that carries oxygen rich blood out of the heart.

Vein- The blood vessel that carries carbon dioxide back to the heart.

Pulse- The feeling of the heart beating through the arteries.

Risk Factor- A way a person behaves or characteristics of a person's environment that threaten health.

Cholesterol- a substance made in the body that attaches to the arteries and veins which can lead to heart disease.

Red Blood Cell - a cell that is responsible for carrying oxygen

White Blood Cell - a cell that helps the body ward off infection

Target Heart Rate- the safe zone to exercise in to achieve the most benefit. Target heart rate zone is 65% to 85% of maximum heart rate for the person's age.

Resting Heart Rate- the number of heart beats per minute when the body is at rest.

Maximum Heart Rate- the highest (dangerous level) the heart is capable of beating in one minute. The formula for MHR is $220 - \text{age}$.

GOAL SETTING:

Goal- what you want to achieve

Realistic & Attainable- a goal that is within reason and capable of being accomplished.

CARDIORESPIRATORY ENDURANCE:

Aerobic- the body using oxygen during exercise

Heart Rate- how many times the heart beats in one minute.

Cardio- heart

Respiratory – lungs and ventilation

Endurance- the ability to perform an activity non-stop over a period of time without getting tired.

Cardiorespiratory- the ability of the heart and lungs to work together to pump blood and supply oxygen throughout the body to working muscles during prolonged activity.

Target Heart Rate- the safe zone to exercise in to achieve the most benefit. Target heart rate zone is 65% to 85% of maximum heart rate for the person's age.

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Training Formula- An average formula used to figure maximum heart rate and target heart rate zone.

$$\begin{aligned} 220 - \text{Age} &= \text{MHR} \\ \text{MHR} \times .65 &= \text{lower limit} \\ \text{MHR} \times .85 &= \text{higher limit} \end{aligned}$$

MUSCULAR SYSTEM:

Abdominals-muscles that cover the stomach. Their primary function is to bend at the waist, but they are also important for stability and balance.

Biceps- muscle that is located on the front of the upper arm. They bend (flex) the elbow.

Deltoids- shoulder muscles which raise the arms up and away from the body.

Gluteals- are located at the buttocks and their function is to extend the hip, which helps the body jump and climb.

Gastrocnemius- is located in the back of the lower leg (calf muscle). It is responsible for flexing the ankle and pointing the toes.

Hamstring- muscle that is located on the back of the upper leg. They bend (flex) the knee making it easier to walk, run and jump.

Latissimus Dorsi-the lower back muscles that pull the arms down and back.

Pectorals- the muscles of the chest that push the arms out.

Quadriceps-muscles of the front upper leg (thigh). They extend (straighten) the knee which is essential in walking, running and kicking.

Trapezius- located in the upper back. They lift the shoulders up (shrugging the shoulders), help the deltoids push the arms overhead, and squeeze the shoulder blades together.

Triceps-located on the back of the upper arm. They extend (straighten) the elbow.

SKELETAL SYSTEM:

Cranium-the bony framework of the head. It is the protective frame for the brain.

Clavicle-Commonly called the collarbone, a slender S-shaped bone that connects the upper arm to the trunk of the body and holds the shoulder joint away from the body to allow for greater freedom of movement.

Sternum-a flat dagger-shaped bone located in the middle of the chest. Without the sternum, there would be a hole in the bone structure in the middle of the chest, right above the heart and lungs.

Vertebrae-bones of the spinal column

Ribs-Thin, flat curved bones that form a protective cage around the organs of the upper body. They are comprised of 24 bones arranged in 12 pairs. The ribs protect the heart, lungs, and parts of the stomach, spleen and kidneys. The ribs help a person to breathe.

Pelvis- hip bone

Humerus- the bone of the upper arm

Ulna- One of the two bones of the forearm. It is located on the pinkie side of the forearm.

Radius- One of the two bones of the forearm. It is located on the thumb side of the forearm.

Femur-the thigh bone

Tibia- the larger of the two bones in the lower leg. The shin bone.

Fibia- the smaller of the two bones in the lower leg. It is on the outside of the lower leg. The distal end forms the ankle bone.

Patella-Knee cap/bone

Scapula- a large, triangular, flat bone on the back side of the rib cage; commonly called the shoulder blade.

NUTRITION:

Nutrition: the taking in and use of food and other nourishing materials by the body.

MyPlate: the symbol and interactive food guidance system developed by the U.S. Department of Agriculture (USDA) that encourages consumers to make healthier food choices and to be active every day. It recommends the proportion of foods from each food group and focuses on the importance of making smart food choices from every food group each day. Recognizing that “one size does not fit all,” MyPlate uses a personalized approach to nutrition. An individual’s age, gender and activity level influence the amounts of food needed from each of the five food groups every day.

Balanced Meal- eating and drinking the right amount of nutrients that represent foods from all the food groups.

Nutrients- Are part of food that the body uses to grow, repair itself, and give it energy. There are six nutrients: carbohydrates, fats, proteins, vitamins, minerals and water.

Carbohydrate- A biochemical compound composed of one or more simple sugars bonded together that are used as a source of energy for the body.

Protein- Protein builds, maintains, and replaces the tissues in your body. Muscles, organs, and the immune system are made up mostly of protein. The body uses protein to make hemoglobin the part of red blood cells that carries oxygen to every part of the body. Many foods contain protein but the best sources are beef, poultry, fish, eggs, dairy products, nuts, seeds, and legumes like black beans and lentils.

Fat- nutrient the body uses as a fuel source, fat is the major storage form of energy in the body. Fat also has many other important functions in the body, and a moderate amount is needed for good health. Fats in food come in several forms, including saturated, monounsaturated, and polyunsaturated. Too much fat or too much of the wrong type of fat can be unhealthy. Some examples of foods that contain fats are butter, oil, nuts, meat, fish, and some dairy products.

Vitamins- substances that are found in foods we eat. The body needs them to work properly, for growth and development.

- **Vitamin A-** This vitamin plays a really big part in eyesight. It's great for night vision, and it helps your body fight infections by boosting your immune system. Foods rich in vitamin A: milk fortified with vitamin A, liver, orange fruits and vegetables (like cantaloupe, carrots, sweet potatoes) and dark green leafy vegetables (like kale, collards, spinach)
- **B Vitamins-** There's more than one B vitamin: B1, B2, B6, B12, niacin, folic acid. The B vitamins are important in metabolic activity —they help make energy and set it free when the body needs it. This group of vitamins is also involved in making red blood cells, which carry oxygen throughout your body. Foods are rich in vitamin B: whole grains, fish and seafood, poultry and meats, eggs, dairy products, leafy green vegetables, beans and peas.
- **Vitamin C-** is important for keeping body tissues, such as gums and muscles in good shape. it helps heal cuts and wounds and helps the body resist infection. Foods are rich in vitamin C: citrus fruits, Cantaloupe, strawberries, tomatoes, broccoli, cabbage, kiwi fruit, and sweet red peppers.
- **Vitamin D:** builds strong bones and teeth and it helps the body absorb the amount of calcium. Vitamin D is made in the skin when exposed to sunlight, or you can get it from food. Foods are rich in vitamin D: milk fortified with vitamin D, fish, egg yolks, liver, and fortified cereal.
- **Vitamin E-** protects cells and tissues from damage. It is also important for the health of red blood cells. Foods rich in vitamin E: whole grains, such as wheat and oats, wheat germ, leafy green vegetables, vegetable oils like sunflower, canola, and olive, egg yolks, nuts and seeds.
- **Vitamin K-** aids the blood in clotting. Foods rich in vitamin K: leafy green vegetables, dairy products, like milk and yogurt, broccoli, soybean oil

Minerals- minerals help your body grow, develop, and stay healthy. The body uses minerals to perform many different functions — from building strong bones to transmitting nerve impulses. Some minerals are even used to make hormones or maintain a normal heartbeat.

- **Calcium-** This mineral helps build strong bones, and teeth. Foods rich in calcium: dairy products, such as milk, cheese, and yogurt, canned salmon and sardines with bones, leafy green vegetables, such as broccoli, and calcium-fortified foods — from orange juice to cereals and crackers.
- **Iron-** transports oxygen from lungs to the rest of body. Iron is important in the formation of hemoglobin. Foods rich in iron: meat, especially red meat, tuna and salmon, eggs, beans, baked potato with skins, dried fruits, leafy green vegetables, whole and enriched grains.
- **Potassium-** keeps muscles and nervous system working properly. Foods rich in potassium: bananas, broccoli, tomatoes, potatoes with skins, leafy green vegetables, citrus fruits, dried fruits, and legumes, such as beans, peas, lentils, and peanuts
- **Zinc-** helps the immune system, which is the body's system for fighting off illnesses and infections. It also helps with cell growth and helps heal wounds. Foods rich in zinc: Beef, pork, lamb, and legumes, such as beans, peas, lentils, and peanuts

Fiber- The parts of fruits and vegetables that cannot be digested. Fiber is of vital importance to digestion; it helps the body move food through the digestive tract, reduces cholesterol, and contributes to disease protection.

Calorie- The unit for measuring the energy produced by food when oxidized in the body.

Caloric Expenditure- The number of calories expended or burned in daily physical activity.

Caloric Intake -The number of calories expended or burned in daily physical activity.

Energy Balance- The balance between calories consumed in the diet and the amount of calories burned in daily physical activity.