

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

GRADE TEN

Energy Balance



More Physical Education Curriculum Tools at www.OPENPhysEd.org
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BODY COMPOSITION

(Noun)

The percentage of fat, muscle, bone, and water found in a human body.

Understanding body composition can help a person understand their overall health and personal fitness.

(VA SOL 10.5)

CALORIC EXPENDITURE

(Noun)

The number of Calories burned by an individual in a given day or for a given task/function.

Aisha wanted to gain weight, so she made sure her daily caloric intake was more than her daily caloric expenditure.

(VA SOL 10.5)

CALORIC INTAKE

(Noun)

The number of Calories that a person consumes on a daily basis or in a specific meal.

Aisha wanted to gain weight, so she made sure her daily caloric intake was more than her daily caloric expenditure.

(VA SOL 10.5)

CHRONIC DISEASE

(Noun)

A disease lasting 3 months or more.

Most chronic diseases cannot be cured by medication, but instead require lifestyle and behavior change.

(VA SOL 10.5)

ENERGY BALANCE

(Verb)

The relation between intake of food and output of muscular or secretory work that is positive when the body stores extra food as fats and negative when the body draws on stored fat to provide energy for work.

Mandy wanted to assess her energy balance, so she started measuring her caloric intake and expenditure.

(VA SOL 10.5)

NUTRITION

(Noun)

The process of providing or obtaining the food necessary for health and growth.

Mr. Finn taught us that to be healthy, we need both good nutrition and physical activity.

(VA SOL 10.5)

OVER-EXERCISING

(Verb)

To push past bodily or mental exertion in a way that produces negative side effects.

When Beate started over-exercising, Mrs. Boland decided to initiate a conversation about healthy exercise limits.

(VA SOL 10.5)