

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

## Academic Language Card Set GRADE ELEVEN/TWELVE Fitness Planning



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# ACCELEROMETER

(Noun)

An instrument for measuring acceleration and/or movement caused by acceleration.

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Many activity trackers use an accelerometer to accurately measure movement associated with physical activity.

(VA SOL 11/12.3)

# **BARRIER**

(Noun)

A circumstance or obstacle that keeps people or objects apart or prevents communication or progress.

Alex told Mrs. Padilla that a lack of time was her biggest barrier with respect to participating in routine physical activity and exercise.

(VA SOL 11/12.3)

# BIOELECTRICAL IMPEDANCE

(Noun)

A commonly used method for estimating body composition, and in particular body fat. It measures the opposition (impedance) of an electric current through body tissue.

Mr. Malinowski had the class measure their body composition using bioelectrical impedance.

(VA SOL 11/12.3)

# **BODY MASS INDEX (BMI)**

(Noun)

Weight-to-height ratio, calculated by dividing one's weight in kilograms by the square of one's height in meters.

It is commonly used to determine healthy body mass.

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Mr. Malinowski had us compare our body mass index (BMI) scores with other measures of body composition.

(VA SOL 11/12.3)

# **CRITERION-REFERENCED WELLNESS TEST**

(Noun)

A test which includes predetermined criteria relating to physical health that must be met in order to pass.

Mr. Spoon used a criterion-reference wellness test to give health-related feedback to students and parents.

(VA SOL 11/12.3)

# FITNESS PLAN

(Noun)

A plan that defines your exercise and nutritional goals.

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After performing a fitness assessment, Josh was able to create a personalized fitness plan that would allow him to reach his goals.  
(VA SOL 11/12.3)

# FITNESSGRAM

(Noun)

A comprehensive, criterion-based set of fitness assessments for youth. It includes a variety of health-related physical fitness tests designed to assess cardiovascular fitness, muscle strength, muscular endurance, flexibility, and body composition.

Today in class, Jamie ran the PACER test as part of the FitnessGram set of assessments.

(VA SOL 11/12.3)



# HEALTH-RELATED FITNESS

(Noun)

Five physical fitness components that directly relate to good health which include: cardiovascular endurance, muscular strength, flexibility, muscular endurance and body composition.

Sheneeka did a pre-assessment of her health-related fitness components and concluded her muscular strength required improvement.

(VA SOL 11/12.3)

# HEART-RATE MONITOR

(Noun)

A device that allows one to measure one's heart rate in real time and/or record the heart rate for later study.

Caity wore a heart rate monitor during physical education class to measure the impact the activity had on her heart rate.

(VA SOL 11/12.3)

# PEDOMETER

(Noun)

An instrument used to estimate the distance traveled on foot by recording the number of steps taken.

Because Rae wants to be sure that she walks at least 15,000 steps per day, she wears a pedometer to track her progress.

(VA SOL 11/12.3)

# TRACKING APPLICATION

(Noun)

A program that can be used to monitor workouts, heart rate, steps taken, calories burned, nutrition intake, etc.

Christian uses a tracking application on his phone to input his food intake, exercise, and heart rate.

(VA SOL 11/12.3)