The OPEN Academic Language Project

Based on the Virginia Physical Education Standards of Learning

---

Academic Language Card Set
GRADE ELEVEN/TWELVE
Energy Balance

CONDITION
(Verb)

To train or exercise for a specific purpose.

Nolan worked to condition his core in order to improve his posture.
(VA SOL 11/12.5)

HIGH-SODIUM

(Adjective)

As it relates to food, being excessive in sodium nutrients.

Hayley does not eat a lot of high-sodium foods because her doctor said she needed to lower her sodium intake.

(VA SOL 11/12.5)

LOW-SODIUM

(Adjective)

As it relates to food,
lacking in sodium nutrients.

Fruits and vegetables are generally
low-sodium foods.

(VA SOL 11/12.5)

NUTRIENT-DENSE

(Adjective)

As it relates to food, containing an abundant amount of minerals and vitamins.

Molly always makes sure to eat nutrient-dense foods on a daily basis in order to remain healthy and energetic.
(VA SOL 11/12.5)

NUTRIENT-POOR

(Adjective)

As it relates to food,
lacking in minerals and vitamins.

Because he eats a lot of nutrient-poor foods, Ron's body has low levels of vitamin B12.

(VA SOL 11/12.5)

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 11/12.5)

PHYSICAL ACTIVITY

(Noun)

Any bodily movement produced by skeletal muscles that requires energy expenditure.

Sixty minutes of physical activity should be performed each day in order to maintain good health.

(VA SOL 11/12.5)

RATE OF PERCEIVED EXERTION (RPE)
(Noun)

A way of measuring physical activity intensity level; a measurement of how hard you feel that your body is working during physical activity/exercise.

Evan was moderately tired after his bike ride, so he rated the workout as a 7 out of 10 on the RPE scale.
(VA SOL 11/12.5)