

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

**GRADE SEVEN**

Energy Balance



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OPEN is a Public Service of US Games

# **AEROBIC ENERGY SYSTEM**

(Noun)

The body produces the most energy with this system, but at a low intensity. Aerobic exercise works the heart and lungs to help the body use oxygen better.

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Running, swimming, and biking are forms of aerobic exercise.

(VA SOL 7.5)

# **ANAEROBIC ENERGY SYSTEM**

(Noun)

The energy system used when the body produces energy without oxygen. Anaerobic exercise is short duration (less than two minutes), high intensity exercise that does not use oxygen for energy.

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Strength-based exercises such as sprinting are anaerobic activities.

*(VA SOL 7.5)*

# ENERGY BALANCE

(Noun)

The balance between calories taken in from food compared to calories burned through physical activity. The balance is positive (weight gain) when the body stores extra food as fats and negative (weight loss) when the body uses stored fat to provide energy for movement.

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

(VA SOL 7.5)

# HEART RATE

(Noun)

The speed at which the heart is beating, measured in beats per minute.

Nancy checks her heart rate before and after exercise and knows that when she is moving faster, her heart rate is going to increase.

(VA SOL 7.5)

# HYDRATION

(Noun)

A supply of water to the body to restore or maintain a balance of fluids.

Joy took a quick hydration break during soccer practice to replenish the water in her body.

*(VA SOL 7.5)*

# MACRONUTRIENTS

(Noun)

Nutrients required in large amounts for proper body functioning, including protein, fat, and carbohydrates.

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Lucas identified fats, proteins, and carbohydrates as the macronutrients used in the human body.  
(VA SOL 7.5)

# MINERALS

(Noun)

Substances in food, like iron, calcium, and potassium, that help the body grow and stay healthy.

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Mr. Rossi taught his class the importance of getting an appropriate amount of minerals such as salt in their diet.

(VA SOL 7.5)



# MUSCULAR ENDURANCE

(Noun)

The ability of a muscle to continue to perform without fatigue.

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Cole demonstrated his impressive muscular endurance by performing 75 curl-ups during his fitness test.  
(VA SOL 7.5)

# MUSCULAR STRENGTH

(Noun)

The maximum amount of force a muscle can produce in a single effort.

Lifting weights is one way athletes can develop their muscular strength.

*(VA SOL 7.5)*

# NUTRIENTS

(Noun)

Substances in food that provide nourishment essential for growth and development.

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Blair consumes a variety of nutrients to stay healthy.  
(VA SOL 7.5)

# NUTRITION

(Noun)

The process of using food necessary for health and growth.

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Julie chooses healthy foods because she knows that nutrition is important for her to be healthy.

*(VA SOL 7.5)*

# PORTION SIZE

(Noun)

The amount of food a person decides to eat at one time.

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Kevin wanted to gain weight, so he ate larger portion sizes of healthy foods.

*(VA SOL 7.5)*

# **RATE OF PERCEIVED EXERTION (RPE)**

(Noun)

A way of measuring physical activity intensity level by how hard you feel your body is working.

Nathan used the RPE scale to identify how hard he was working during the basketball activity.

*(VA SOL 7.5)*

# **RECOMMENDED DIETARY ALLOWANCE (RDA)**

(Noun)

The suggested daily levels of essential nutrient intake.

Maurice uses the Recommended Dietary Allowance of various nutrients to plan his meals.

(VA SOL 7.5)

# RESTING HEART RATE

(Noun)

The number of times your heart beats per minute while your body is at complete rest.

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Mark calculated his resting heart rate while sitting down at his desk.

*(VA SOL 7.5)*



# SALT

(Noun)

A mineral that helps maintain blood pressure, manages the amount of water in the cells, and keep nerves operating.

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The teacher said we should avoid foods that are too high in salt because it can increase our blood pressure.

(VA SOL 7.5)

# SUGAR

(Noun)

A carbohydrate that is found naturally in fruits, vegetables, and milk products. It is also added to many foods during processing.

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The students were asked to create a daily meal plan that was low in sugar.

*(VA SOL 7.5)*

# VIGOROUS

(Adjective)

Done with great force and energy.

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Vera exercised vigorously to condition her cardiovascular system.

*(VA SOL 7.5)*

# VITAMINS

(Noun)

Substances found in food that are essential for normal growth and body functions.

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Orange juice contains Vitamin C.  
(VA SOL 7.5)