

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set
FITNESS
INSTRUCTOR
Motor Skill Development



More Physical Education Curriculum Tools at www.OPENPhysEd.org
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ACTIVITIES OF DAILY LIVING (ADL)

(Noun)

Routine activities that people do every day without needing assistance. There are six basic ADLs: eating, bathing, dressing, toileting, transferring (walking), and continence.

Levels of health- and skill-related fitness are impacted by a person's ability to successfully complete activities of daily living (ADL).

(VA SOL FI.1)

ADHERENCE

(Noun)

The quality of staying with an action or plan for an extended duration.

Vinny's adherence to the exercise program helped him improve all components of his health-related fitness.

(VA SOL FI.1)

ANALYSIS

(Noun)

Detailed examination of the elements or structure of something, typically as a basis for discussion or interpretation.

Personal analysis of physical activity habits will help you create a comprehensive fitness plan.

(VA SOL FI.1)

BEHAVIOR CHANGE

(Noun)

A transformation or modification of human behavior. Often associated with personal and public health behaviors.

Zach loved video games, but his focus on behavior change helped him to become more active and less sedentary.

(VA SOL FI.1)

COMPETENCY

(Noun)

The ability to do something successfully or efficiently.

Sarah demonstrated competency on the paddle board by standing and paddling through the designated course.

(VA SOL FI.1)

CONDITION

(Verb)

To train or exercise
for a specific purpose.

Nolan worked to condition his core in
order to improve his posture.

(VA SOL FI.1)

EXERCISE

(Noun)

Activity requiring physical effort, carried out especially to sustain or improve health and fitness.

When combined with proper nutrition, sufficient hydration, and plenty of sleep, exercise will make the body stronger and healthier.

(VA SOL FI.1)

EXERCISE PROGRAM

(Noun)

A plan of action for an activity requiring physical effort to sustain or improve health and fitness.

Lisa created an exercise program that her students could perform independently so they could avoid losing the progress they'd made in class.

(VA SOL FI.1)

FITNESS ACTIVITIES

(Noun)

Activities that improve overall fitness such as walking, swimming, dancing, biking, jogging or gardening activities.

Kim made sure that her exercise regimen involved a wide variety of fitness activities so her strength and endurance would be well-balanced.

(VA SOL FI.1)

FREE WEIGHT

(Noun)

A weight used in weightlifting that is not attached to an apparatus.

Jakob used free weights instead of fitness machines because he had developed good form and was ready to take his workout routine to a new level.

(VA SOL FI.1)

MOVEMENT SKILLS

(Noun)

Foundational movement patterns using various body parts that serve as the basis of physical literacy.

A person must develop strong basic movement skills before they can begin to master complex techniques regularly used in sport.

(VA SOL FI.1)

PSYCHOLOGICAL FACTORS

(Noun)

The mental and emotional characteristics that affect the attitudes and behaviors of an individual.

Ellen realized there were many psychological factors involved in long-distance running; it was important think positively and focus on improvement before, during and after each race.
(VA SOL FI.1)

RESISTANCE TRAINING

(Noun)

A type of exercise that uses external resistance to cause muscle contractions with the intent to strengthen and tone, build mass and improve endurance.

Leea implemented resistance training into her fitness plan in order to help her muscles become more toned.

(VA SOL FI.1)

SELECTORIZED WEIGHT MACHINES

(Noun)

A machine or device used during exercise activities that has weights built in and which enables users to choose a specific amount of weight.

SelectORIZED weight machines are great because many people with varying levels of strength can use them safely and effectively.

(VA SOL FI.1)

SKILL-RELATED FITNESS COMPONENTS

(Noun)

The 6 components of skill-related fitness include: Agility, Balance, Coordination, Speed, Power, and Reaction Time.

When Mrs. Breeli asked the students to focus on one of the skill-related fitness components, Honesty chose to work on her agility.

(VA SOL FI.1)

SPECIAL POPULATIONS

(Noun)

A group of people who require special consideration; often includes those with disabilities, those who are economically disadvantaged, etc.

There is an after school program for students who belong to special populations in which they can use the facility's equipment to reach 60 minutes of daily activity.
(VA SOL FI.1)

STRENGTH TRAINING

(Noun)

A type of physical exercise specializing in the use of resistance to induce muscular contraction which builds the strength, endurance, and size of skeletal muscles.

Students can participate in the school's strength training program to learn about the proper ways to lift weights and stay physically active.

(VA SOL FI.1)