

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

**FITNESS**

**INSTRUCTOR**

**Fitness Planning**



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OPEN is a Public Service of US Games

# CARDIORESPIRATORY

(Adjective)

Relating to the action of both the heart and the lungs.

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Moe wanted to increase his cardiorespiratory endurance, so he planned to participate in a variety of aerobic exercises.

(VA SOL FI.3)

# CARDIOVASCULAR

(Adjective)

Relating to the circulatory system, comprised of the heart and blood vessels (veins, arteries, or capillaries).

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Cardiovascular exercise is an important tool for avoiding cardiovascular disease.

(VA SOL FI.3)

# CONDITION

(Verb)

To train or exercise for a specific purpose.

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

(VA SOL FI.3)

# DYNAMIC STRETCHING

(Noun)

A stretching routine that uses momentum and active muscular movement to stretch out the muscles.

You should always begin a workout with dynamic stretching such as moving lunges or arm circles; static stretches like a forward bend can be used after the workout is complete.

(VA SOL FI.3)

# FITNESS ASSESSMENT

(Noun)

A series of tests that help determine your physical fitness level and aids in developing a personalized program.

Before James began training for his first marathon, he performed a fitness assessment so that he could develop a personalized training regimen.

(VA SOL FI.3)

# FITT PRINCIPLE

(Noun)

The inclusion of Frequency, Intensity, Time, and Type of exercise as four factors that lead to a successful fitness plan.

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Coach Stasia told her athletes to use the FITT Principle when setting goals in order to be sure they were including all the elements necessary for success.

(VA SOL FI.3)

# HEALTH

(Noun)

The state of being free from illness or injury.

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Good health is critical if one is to  
live a long and happy life.

(VA SOL FI.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.

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Sheneeka did a pre-assessment of her health-related fitness components and concluded her muscular strength required improvement.  
(VA SOL FI.3)

# MEDICAL HISTORY

(Noun)

A record of information pertaining to an individual's past and present physical and mental health conditions.

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It is important for a personal trainer to know his or her client's medical history in order to create a training program that will not cause injury or unnecessary strain.

(VA SOL FI.3)

# METABOLIC DISEASE

(Noun)

A disease that affects the cells' ability to perform critical biochemical reactions that involve the processing or transport of proteins (amino acids), carbohydrates (sugars and starches), or lipids (fatty acids).

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Metabolic disease increases one's chance of developing both heart disease and diabetes.

(VA SOL FI.3)

# MIND-BODY EXERCISE

(Noun)

Physical exercise executed with a profoundly inwardly directed focus.

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As a mind-body exercise, Pilates utilizes four main principles: Breathing, Precision, Control, and Concentration.

(VA SOL FI.3)

# MOBILITY

(Noun)

The ability to move or be moved  
freely and easily.

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Physical therapy can help a patient maintain  
mobility as an injury heals by preventing  
deterioration of the area's range of motion.

(VA SOL FI.3)

# MUSCULOSKELETAL FITNESS

(Noun)

A multidimensional construct comprising the integrated function of muscle strength, muscle endurance, and muscle power to enable the performance of work against one's own body weight or an external resistance.

Joe achieve a high level of musculoskeletal fitness by focusing on all aspects of muscular development.

(VA SOL FI.3)

# PARTNER STRETCHING

(Noun)

A form of stretching in which two or more partners work together in order to make the stretches more effective.

I prefer partner stretching when I perform a straddle stretch because my partner can help me to move deeper into the movement.  
(VA SOL FI.3)

# PASSIVE STRETCHING

(Noun)

A form of static stretching in which an external force exerts upon the limb to move it into the new position. This is in contrast to dynamic stretching.

David engaged in passive stretching when he pulled his legs into his chest with his hands.

(VA SOL FI.3)

# PERSONALIZED FITNESS PROGRAM

(Noun)

A planned series of exercises with an aim or desired result to enhance one's fitness and health.

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My excellent PE experience in high school gave me the tools needed to create my own personalized fitness program in college.

(VA SOL FI.3)

# PHYSICAL FITNESS

(Noun)

Physiological well-being resulting from exercise, proper nutrition, and other health-enhancing behaviors.

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Ralph maintains his physical fitness by going to the gym every day.  
(VA SOL FI.3)

# PILATES

(Noun)

A system of exercises using special apparatus, designed to improve physical strength, flexibility, and posture, and enhance mental awareness.

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Rosemarie started following a Pilates workout video every day to increase her core strength, posture, and flexibility.

(VA SOL FI.3)

# **PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION (PNF)**

(Noun)

A form of stretching to improve active and passive range of motion that can enhance performance.

After Jackie's shoulder surgery, her physical therapist included proprioceptive neuromuscular facilitation (PNF) in her treatment in order to increase her range of motion.  
(VA SOL FI.3)

# PULMONARY DISEASE

(Noun)

An umbrella term used to describe progressive lung diseases including emphysema, chronic bronchitis, refractory (non-reversible) asthma, and some forms of bronchiectasis.

Miranda's grandfather had emphysema, a pulmonary disease that made it difficult for him to breathe.

(VA SOL FI.3)

# RANGE OF MOTION

(Noun)

A measurement of movement  
around a joint.

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After Jackie's shoulder surgery, her physical therapist included treatment focused on increasing her range of motion.

(VA SOL FI.3)

# SKILL-RELATED FITNESS

(Noun)

A group of 6 psychomotor characteristics that contribute to a person's ability to successfully complete a physical performance.

The 6 components of Skill-Related Fitness include Agility, Balance, Coordination, Power, Reaction Time, and Speed.

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.3)

# SMART FITNESS GOALS

(Noun)

Fitness goals that follow the SMART framework: being Specific, Measurable, Attainable, Realistic, and Timely.

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"To become stronger" is not a SMART fitness goal because it is not specific or timely.

(VA SOL FI.3)

# TAI CHI

(Noun)

An ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Nicole started practicing Tai Chi, which helped her learn new breathing methods while exercising.

(VA SOL FI.3)

# YOGA

(Noun)

A type of activity including breath control, simple meditation, and movement through specific bodily postures; began as a Hindu spiritual and ascetic discipline, and has since spread to become widely practiced for health and relaxation.

Yoga is not only about achieving and holding impressive poses; it also includes breath work and mental endurance.

(VA SOL FI.3)