

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set  
**FITNESS**  
**INSTRUCTOR**  
Professional Responsibilities



More Physical Education Curriculum Tools at [www.OPENPhysEd.org](http://www.OPENPhysEd.org)  
OPEN is a Public Service of US Games

# CODE OF ETHICS

(Noun)

Clearly defined values that guide the practice, actions, and behaviors of an entire organization or group.

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Accurately representing the benefits of fitness training is an important component of a personal fitness instructor's code of ethics.

(VA SOL FI.6)

# INSPECTION

(Noun)

Visual observation of equipment and/or the surrounding area in order to make sure everything is safe and proper.

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Jamie performed a visual inspection of the outdoor soccer field to make sure the area was free of dangerous conditions such as mud, rocks, and holes.

(VA SOL FI.6)

# LEGAL RESPONSIBILITIES

(Noun)

Responsibilities for which a person can be held accountable at the government level.

As part of his legal responsibility, Mr. Alamia made sure to state safety expectations at the beginning of every class.

(VA SOL FI.6)

# MAINTENANCE

(Noun)

The process of maintaining or preserving someone or something, or the state of being maintained.

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The maintenance of good physical health takes perseverance and dedication.

(VA SOL FI.6)

# MANAGE

(Verb)

To have control of and orchestrate the details regarding something, such as a business, department, sports team, area of conduct, etc.

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Managing one's health is an important aspect of a well-balanced life.

(VA SOL FI.6)

# MAXIMIZE

(Verb)

To make as large or great as possible.

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The results you achieve from strength training can be maximized if you focus on flexibility as well.

(VA SOL FI.6)

# PERSONAL FITNESS INSTRUCTOR

(Noun)

A fitness professional involved in exercise prescription and instruction.

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Francesca had a passion for helping others become more physically fit, so she attended a course to become a personal fitness instructor.

(VA SOL FI.6)



# PROFESSIONAL

(Adjective)

Characterized by or conforming to the technical or ethical standards of a profession.

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Mrs. Harrison acted in a professional manner whenever she taught her students or interacted with her colleagues.  
(VA SOL FI.6)

# PROFESSIONAL DEVELOPMENT

(Noun)

Learning to earn or maintain professional credentials such as academic degrees to formal coursework, conferences and informal learning opportunities situated in practice.

Mrs. Harrison attended a professional development day focused on international games and then implemented what she learned into her physical education classes.

(VA SOL FI.6)

# PROFESSIONAL RESPONSIBILITIES

(Noun)

Things that one is required to do as part of a job or role of authority.

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Lucy was given many professional responsibilities when she obtained her first job as a physical educator.

(VA SOL FI.6)