

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

PERSONAL

FITNESS I/II

Energy Balance



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

# CONDITION

(Verb)

To train or exercise for a specific purpose.

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

(VA SOL PF.5)

# ENERGY BALANCE

(Noun)

The relation between intake of food and output of muscular or secretory work that is positive when the body stores extra food as fats and negative when the body draws on stored fat to provide energy for work.

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

(VA SOL PF.5)

# NUTRITION

(Noun)

The process of providing or obtaining the food necessary for health and growth.

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Mr. Finn taught us that to be healthy,  
we need both good nutrition and  
physical activity.

(VA SOL PF.5)

# PERFORMANCE-ENHANCING SUPPLEMENTS

(Noun)

Any substance taken by athletes to improve performance.

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Some performance-enhancing supplements are outlawed in professional sports because they provide an unfair advantage and are possibly harmful.  
(VA SOL PF.5)

# 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 PF.5)

# WEIGHT MANAGEMENT

(Noun)

Part of a long-term approach to a healthy lifestyle that includes a balance of healthy eating and physical exercise in order to equate energy expenditure and energy intake.

Mary Beth told Jerry that his weight management plan was not complete because it didn't include healthy eating.

(VA SOL PF.5)