

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

GRADE NINE

Fitness Planning



More Physical Education Curriculum Tools at www.OPENPhysEd.org
OPEN is a Public Service of US Games

ACCELEROMETER

(Noun)

An instrument for measuring acceleration and/or movement caused by acceleration.

Many activity trackers use an accelerometer to accurately measure movement associated with physical activity.

[VA SOL 9.3]

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 9.3]

ASSESS

(Verb)

To evaluate or estimate the nature, ability, or quality of an object, task, concept, or procedure.

Enrique will assess his shooting form to help him better understand his current skill level and how to improve.

[VA SOL 9.3]

BLOOD PRESSURE

(Noun)

The pressure of the blood against the inner walls of the blood vessels, varying in different parts of the body during different phases of contraction of the heart and under different conditions of health, exertion, etc.

The class learned that coronary artery disease can cause high blood pressure because blood flow is impeded by a buildup of plaque and a hardening of the arteries.

[VA SOL 9.3]

CARDIORESPIRATORY

(Adjective)

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

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

[VA SOL 9.3]

CONCENTRIC

(Adjective)

Muscle contraction that permits the muscle to shorten.

Erika realized that when she performed an arm curl, the contraction of her biceps was concentric.

[VA SOL 9.3]

CORE

(Noun)

The muscles of the torso, especially the lower back and abdominal area, which assist in the maintenance of good posture, balance, etc.

If an athlete wishes to perform at their highest level of ability, it is crucial to have a strong core.

[VA SOL 9.3]

DESIGN

(Noun)

Purpose, planning, or intention that exists or is thought to exist behind an action, fact, or material object.

The design of a personal fitness plan should fit your individual wellness goals.

[VA SOL 9.3]

DYNAMIC

(Adjective)

Characterized by constant change, activity, or progress.

Nina worked on her dynamic balance by walking across a balance beam.

[VA SOL 9.3]

ECENTRIC

(Adjective)

Characterized by the force working against an active muscle while it is lengthening under load.

Jim told Erika that as she brought the weight back down from a bicep curl, her muscles were experiencing an eccentric contraction.

[VA SOL 9.3]

EXERCISE

(Noun)

An 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 9.3]

EXERCISE INTENSITY

(Noun)

The amount of exertion used when performing an exercise.

Kristen was careful not to push past her personal limit of exercise intensity in order to avoid injury.

[VA SOL 9.3]

FITNESS

(Noun)

The condition of being physically fit and healthy.

To truly maintain excellent fitness, one cannot focus on exercise alone: proper nutrition is also important.

[VA SOL 9.3]

FITNESS PROGRAM

(Noun)

A set of fitness activities designed to improve one's health and physical condition.

Josh created a fitness program for Alli specifically designed to help her improve her muscular strength.

[VA SOL 9.3]

FITT PRINCIPLE

(Noun)

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

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 9.3]

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 higher level.

[VA SOL 9.3]

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.

Sheneeka did a pre-assessment of her health-related fitness components and concluded her muscular strength required improvement.

[VA SOL 9.3]

HEART RATE

(Noun)

The number of heartbeat contractions within one minute.

Kayla understood that it was important to perform exercises that would raise her heart rate if she wanted to improve her cardiovascular endurance.

[VA SOL 9.3]

HEART RATE MONITOR

(Noun)

A device that allows one to measure one's heart rate in real time and/or record the heart rate for later study.

Caity wore a heart rate monitor during physical education class to measure the impact the activity had on her heart rate.

[VA SOL 9.3]

IMPLEMENT

(Verb)

To put into effect according to or by means of a definite plan or procedure.

Jackson implemented his personal fitness plan into his daily schedule.

[VA SOL 9.3]

ISOKINETIC

(Adjective)

Of, relating to, or denoting muscular action with a constant rate of movement.

Isokinetic muscle contraction has constant speed, and isotonic muscle contraction has constant tension.

[VA SOL 9.3]

ISOMETRIC

(Adjective)

Of, relating to, or denoting muscular action in which the joint angle and muscle length do not change during contraction

As she held a perfect plank position, Zoie recognized the sensation of isometric contraction.

[VA SOL 9.3]

ISOTONIC

(Adjective)

Of, relating to, or denoting muscular action taking place with normal contraction.

Isokinetic muscle contraction has constant speed, and isotonic muscle contraction has constant tension.

[VA SOL 9.3]

MAINTENANCE

(Noun)

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

The maintenance of good physical health takes perseverance and dedication.

[VA SOL 9.3]

MUSCULAR STRENGTHENING

(Noun)

The process of increasing the amount of force a muscles can exert against a resistance.

One cannot increase the amount weight one can bench press without a focus on muscular strengthening.

[VA SOL 9.3]

MUSCULAR STRETCHING

(Noun)

The process of flexing muscles for flexibility or range of motion.

One cannot increase the flexibility of the muscles without a focus on muscular stretching.

[VA SOL 9.3]

OVERLOAD

(Verb)

To place an excessive load or amount; to do more over time.

When Tyler decided to overload his bench press, he made sure Evan was there to spot him.

[VA SOL 9.3]

PEDOMETER

(Noun)

An instrument used to estimate the distance traveled on foot by recording the number of steps taken.

Because Rae wants to be sure that she walks at least 10,000 steps per day, she wears a pedometer to track her progress.

[VA SOL 9.3]

PERSONAL FITNESS GOALS

(Noun)

An aim or desired result involved in enhancing one's fitness and health.

Sam was asked to write down his personal fitness goals as a homework assignment for physical education class.

[VA SOL 9.3]

PROGRESSION

(Noun)

A movement or development toward a destination or a more advanced state, especially gradually or in stages.

In the beginning, Steve could only throw a short distance, but he worked his way through different practice progressions to gain distance on his throw.

[VA SOL 9.3]

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 9.3]

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 9.3]

RESTING HEART RATE

(Noun)

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

Mark calculated and recorded his resting heart rate right after he woke up in the morning so that he could better measure the effect the day's workouts had on his body.

[VA SOL 9.3]

SCIENTIFIC PRINCIPLES

(Noun)

As it relates to health, physiological and biomechanical principles used to improve movement skills.

Lori and Deb brainstormed how they could use the scientific principles to make improvements to their weightlifting movements.

[VA SOL 9.3]

SELF-ASSESS

(Verb)

To assess or evaluate one's own performance of a job or learning task, considered in relation to an objective standard.

Ms. MacDonald asked the class to self-assess their dancing ability and rate their own performance.

[VA SOL 9.3]

SET

(Noun)

The entirety of a certain number of cycles or repetitions that you complete when performing a specific exercise.

Mr. Nealer directed his PE students to perform 3 sets of 10 reps on each machine.

[VA SOL 9.3]

SPECIFICITY

(Noun)

The quality or condition of being specific; working on a specific body area.

Jonah needed to improve is balance and decided to include specificity aimed at strengthening his core muscles.

[VA SOL 9.3]

STRATEGY

(Noun)

A plan of action or policy designed to achieve a major or overall aim.

Claire used numerous strategies to defeat her opponent during the soccer drill.

[VA SOL 9.3]

TARGET HEART RATE

(Noun)

The minimum number of heartbeats in a given amount of time in order to reach the level of exertion necessary for cardiovascular fitness, specific to a person's age, gender, and/or level of physical fitness.

Jenna learned how to find her target heart rate in physical education class, which helped her understand how to exercise more efficiently.

[VA SOL 9.3]

TRAIN

(Verb)

To undertake a course of exercise and diet in preparation for a specific physical event.

Erica had been training for a month to run her first 5K.

[VA SOL 9.3]

TRAINING ZONES

(Noun)

Numeric ranges within which an individual's heart rate should ideally fall, depending on the type of exercise the individual is performing.

In class we learned about different training zones and how to calculate each one, which will be helpful when we evaluate the efficiency of our workouts.

[VA SOL 9.3]

UPPER BODY

(Noun)

The part of the body above the waist.

Callie decided to focus on training her upper body this morning at the gym, so she did push-ups and biceps curls.

[VA SOL 9.3]