

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

## Essential Strand Glossary **PERSONAL FITNESS I/II** **(ELECTIVE)**

THIS PROJECT IS MADE POSSIBLE THROUGH A PARTNERSHIP BETWEEN  
The Virginia Department of Education  
SUNY Cortland

The SUNY Cortland Activity and Movement Pedagogy Lab (AMP Lab)  
& OPEN (The Online Physical Education Network)

Please share. This is an open-source project.  
Kindly reference [OPENPhysEd.org](http://OPENPhysEd.org), The SUNY Cortland AMP Lab, and the VA DOE.



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

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Virginia Physical Education Standards of Learning Essential Strand Glossary

## MOTOR SKILL DEVELOPMENT

**Advanced Skills** (Noun) A set of activity-specific skills/abilities that allow an individual or team to successfully participate beyond a level of basic competency.

*(VA SOL PF.1) Alyssa was able to execute advanced skills during the softball unit, including a crow-hop, which allowed her to accurately throw a softball from the outfield to home plate.*

**Basic Skills** (Noun) Specific abilities that are fundamental for beginner-level participation in an activity or task.

*(VA SOL PF.1) Our class learned the basic skills of racquet sports in elementary and middle school, which made participation in our high school badminton lessons more advanced and strategic.*

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

*(VA SOL PF.1) Cardiovascular exercise is an important tool for avoiding cardiovascular disease.*

**Concept** (Noun) An abstract idea, often used to explain or generalize the characteristics of something that can be discussed or experienced.

*(VA SOL PF.1) Gabriella applied movement concepts to the skills and strategies she executed during rugby matches.*

**Consistent** (Adjective) Unchanging in achievement or effect over a period of time.

*(VA SOL PF.1) Miss Mills was evaluating Cheryl's speed and found that she had a consistent time for all five rounds of the 100 meter test.*

**Cue** (Noun) A signal for action.

*(VA SOL PF.1) Kurt used the cues his teacher taught him for the deadlift so that he could avoid re-injuring his back.*

**Enhance** (Verb) To intensify, increase, or further improve the quality, value, or extent of.

*(VA SOL PF.1) Nick focused on maintaining a balance of physical activity, nutrition, and rest in order to enhance his overall performance.*

**Execution** (Noun) The carrying out or putting into effect of a plan, order, or course of action.

*(VA SOL PF.1) The students used a rubric to evaluate and record their performance on the paddle board self-assessment.*

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**Exercise Procedure** (Noun) A series of actions conducted in a certain order or manner for activities requiring physical effort, especially to sustain or improve health and fitness.

*(VA SOL PF.1) Bin carefully followed all the exercise procedures his teacher had recommended in order to improve while avoiding injury.*

**Fitness Activities** (Noun) Activities that improve overall fitness such as walking, swimming, dancing, biking, jogging or gardening activities.

*(VA SOL PF.1) Kim made sure that her exercise regimen involved a wide variety of fitness activities so her strength and endurance would be well-balanced.*

**Form** (Noun) The visible shape or configuration of something.

*(VA SOL PF.1) Asa was sure to use proper form during her bench press in order to ensure her safety and muscle gain efficiency.*

**Health Problems** (Noun) Difficulties or issues as they relate to one's health.

*(VA SOL PF.1) Neglecting the components of health-related fitness can directly lead to health problems.*

**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.

*(VA SOL PF.1) Sheneeka did a pre-assessment of her health-related fitness components and concluded her muscular strength required improvement.*

**Joint Pain** (Noun) Physical suffering or discomfort caused by illness or injury in one's joint.

*(VA SOL PF.1) Because Erika suffered from joint pain in her knee, she preferred to do cardio using the elliptical instead of the treadmill.*

**Motor** (Adjective) Giving, imparting, or producing motion or action.

*(VA SOL PF.1) Writing with a pencil involves fine motor skills, while swinging a golf club involves gross motor skills.*

**Motor Skills** (Noun) Muscle and nerve action that produces movement; includes fine and gross motor skills.

*(VA SOL PF.1) Writing with a pencil involves fine motor skills, while swinging a golf club involves gross motor skills.*

**Movement Principles** (Noun) A fundamental source or basis of movement.

*(VA SOL PF.1) Movement principles can help coaches discuss specific skills and training techniques with their athletes.*

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**Movement Skills** (Noun) Foundational movement patterns using various body parts that serve as the basis of physical literacy.

*(VA SOL PF.1) A person must develop strong basic movement skills before they can begin to master complex techniques regularly used in sport.*

**Obesity** (Noun) A medical condition characterized by excessive accumulation and storage of fat in the body which causes negative effects on the health of an individual.

*(VA SOL PF.1) The rate of obesity in America is skyrocketing, but it could be improved through more efficient interventions focused on nutrition and physical activity.*

**Physical Conditioning** (Noun) The development of physical fitness through the adaptation of the body and its various systems to an exercise program.

*(VA SOL PF.1) Bryce focused on physical conditioning throughout the summer in order to prepare for the Fall half-marathon.*

**Proficiency** (Noun) A high degree of skill; mastery or expertise.

*(VA SOL PF.1) Tyler's proficiency in basketball made him a very tough opponent for even the best players in class.*

**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.

*(VA SOL PF.1) When Mrs. Breeli asked the students to focus on one of the skill-related fitness components, Honesty chose to work on her agility.*

**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.

*(VA SOL PF.1) Students can participate in the school's strength training program to learn about the proper ways to lift weights and stay physically active.*

**Vigorous** (Adjective) Characterized by or involving a large amount of physical strength, effort, or energy.

*(VA SOL PF.1) Jenn was breathing heavily after completing a vigorous exercise routine.*

## ANATOMICAL BASIS OF MOVEMENT

**Body System** (Noun) A group of body organs or structures that together perform one or more vital functions

*(VA SOL PF.2) Some of the major body systems include the circulatory system, the respiratory system, and the nervous system.*

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*(VA SOL PF.2) Cardiovascular exercise is an important tool for avoiding cardiovascular disease.*

**Exercise** (Noun) Activity requiring physical effort, carried out especially to sustain or improve health and fitness.

*(VA SOL PF.2) When combined with proper nutrition, sufficient hydration, and plenty of sleep, exercise will make the body stronger and healthier.*

**Muscular System** (Noun) The organ system consisting of all muscles found within an organism's body.

*(VA SOL PF.2) Dr. Davis broke down the muscular system into three categories: skeletal, smooth, and cardiac muscles.*

**Organ** (Noun) A part of an organism that is typically self-contained and has a specific vital function; in humans, examples include the heart or liver.

*(VA SOL PF.2) Physical activity and good nutrition both contribute to the health of your body's organs.*

**Physical Activity** (Verb) Any bodily movement produced by skeletal muscles that requires energy expenditure.

*(VA SOL PF.2) Sixty minutes of physical activity should be performed each day in order to maintain good health.*

## FITNESS PLANNING

**Conditioning Program** (Noun) A set of exercises and activities that are organized and executed in order to prepare a person for a specific purpose.

*(VA SOL PF.3) Harry asked Mr. Potter to help him develop a conditioning program in preparation for volleyball tryouts.*

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## SOCIAL DEVELOPMENT

**Inclusive** (Adjective) Embracing or encompassing all people or all the services, facilities, or items normally expected or required in a given situation.

*(VA SOL PF.4) Mr. Burke created an inclusive classroom atmosphere in which all students felt comfortable enough to participate fully and give the activities their best effort.*

**Recreational Fitness** (Noun) Physical activities that are often done for enjoyment, amusement, or pleasure and are also have health benefits.

*(VA SOL PF.4) Alex continued to participate in recreational fitness activities after he graduated from high school by joining the outdoor adventure club in college.*

**Social Competency** (Noun) A person's ability to get along with other people; affected by communication with others.

*(VA SOL PF.4) Derek demonstrated social competency throughout the entire project adventure unit by positively communicating with his classmates.*

## ENERGY BALANCE

**Condition** (Verb) To train or exercise for a specific purpose.

*(VA SOL PF.5) Nolan worked to condition his core in order to improve his posture.*

**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.

*(VA SOL PF.5) Mandy wanted to assess her energy balance, so she started measuring her caloric intake and expenditure.*

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**Nutrition** (Noun) The process of providing or obtaining the food necessary for health and growth.

*(VA SOL PF.5) Mr. Finn taught us that to be healthy, we need both good nutrition and physical activity.*

**Performance-Enhancing Supplements** (Noun) Any substance taken by athletes to improve performance.

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

**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.

*(VA SOL PF.5) Students can participate in the school's strength training program to learn about the proper ways to lift weights and stay physically active.*

**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.

*(VA SOL PF.5) Mary Beth told Jerry that his weight management plan was not complete because it didn't include healthy eating.*