

Physical Education Glossary of Terms

A

Agility –The ability of the body to change position rapidly and accurately while moving in space.

Aerobic physical activity - Activity in which the body's large muscles move in a rhythmic manner for a sustained period of time. Aerobic activity, also called endurance activity, improves cardiorespiratory fitness. Examples include walking, running, and swimming, and bicycling.

B

Balance - A performance-related component of physical fitness that involves the maintenance of the body's equilibrium while stationary or moving.

Balance training - Static and dynamic exercises that are designed to improve individuals' ability to withstand challenges from postural sway or destabilizing stimuli caused by self-motion, the environment, or other objects.

Baseline activity - The light-intensity activities of daily life, such as standing, walking slowly, and lifting lightweight objects. People who do only baseline activity are considered to be inactive.

Biomechanical -The mechanics of biological and especially muscular activity (as in locomotion or exercise).

Body Composition – Proportion of body fat to lean body mass.

Bone-strengthening activity - Physical activity primarily designed to increase the strength of specific sites in the skeletal system. Bone strengthening activities produce an impact or tension force on the bones that promotes bone growth and strength. In general, weight bearing activities that reach a certain threshold, can contribute to increasing bone mass, and/or slow down decrease bone density. Running, jumping rope, and lifting weights are examples of bone-strengthening activities.

C

Cardio-respiratory endurance - The ability of the body's circulatory and respiratory systems to supply fuel and oxygen during sustained physical activity. One of the five components of health-related fitness.

Complex Motor Skill – A combination of motor skills, such as a gymnastics routine.

Components of Physical Fitness – Aerobic/Cardiorespiratory Endurance, Body Composition, Flexibility, Muscular Strength and Endurance.

Concept – A general idea or understanding.

Content Standards – Stated expectations that specify what students should know and be able to do for a given discipline.

Cool-down – A period of light activity following moderate to vigorous activity that allows the body to slow down and gradually return to near resting levels. The body needs this gradual recovery to ensure proper blood flow back to the heart, reduce muscle stiffness and soreness, remove lactic acid, and prevent lightheadedness, dizziness, or even fainting.

Coordination – The ability of the body to perform smoothly and successfully more than one motor task at the same time. The ability to combine the senses with movement (e.g. hand-eye coordination).

D

Duration - The length of time in which an activity or exercise is performed. Duration is generally expressed in minutes.

Dynamic Environment – An environment where one or more variables are introduced (i.e. speed, opponents, and combining two skills).

E

Elements – Basic part of a movement.

Etiquette – Established rules of conduct specific to particular games, sports, or activities (i.e., during a volleyball game, the ball is returned by rolling it under the net).

Exercise - A subcategory of physical activity that is planned, structured, repetitive, and purposive in the sense that the improvement or maintenance of one or more components of physical fitness is the objective. "Exercise" and "exercise training" frequently are used interchangeably and generally refer to physical activity performed during leisure time with the primary purpose of improving or maintaining physical fitness, physical performance, or health.

F

FITT –A fitness principle that involves Frequency, Intensity, Time, and Type of exercise.

- **Frequency** – How often a person performs the target health-related physical activity.
- **Intensity** – How hard a person exercises during a physical activity period
- **Time** – How long an activity should be performed (duration).
- **Type** – What kind of activity a person chooses to perform in each area of health-related fitness.

Flexibility - A health and performance-related component of physical fitness that is the range of motion possible at a joint. Flexibility is specific to each joint and depends on a number of specific variables, including but not limited to the tightness of specific ligaments and tendons. Flexibility exercises enhance the ability of a joint to move through its full range of motion.

Frequency - The number of times an exercise or activity is performed. Frequency is generally expressed in sessions, episodes, or bouts per week.

G

Goal Setting – Planning for a result that can be achieved.

H

Health - A human condition with physical, social and psychological dimensions, each characterized on a continuum with positive and negative poles. Positive health is associated with a capacity to enjoy life and to withstand challenges; it is not merely the absence of disease. Negative health is associated with illness, and in the extreme, with premature death.

Health-enhancing physical activity - Activity that, when added to baseline activity, produces health benefits. Brisk walking, jumping rope, dancing, playing tennis or soccer, lifting weights, climbing on playground equipment at recess, and doing yoga are all examples of health-enhancing physical activity.

Health-related fitness - Involves exercise activities that you do in order to try to improve your physical health and stay healthy, particularly in the categories of cardiovascular endurance, muscular strength, flexibility, muscular endurance and body composition.

Heart Rate – The number of heartbeats in a minute.

I

Intensity - Intensity refers to how much work is being performed or the magnitude of the effort required to perform an activity or exercise.

L

Lifestyle activities - This term is frequently used to encompass activities that a person carries out in the course of daily life and that can contribute to sizeable energy expenditure. Examples include taking the stairs instead of using the elevator, walking to do errands instead of driving, getting off a bus one stop early, or parking farther away than usual to walk to a destination.

Locomotor Movement – Locomotor skills which move the body from one place to another or to project the body upward, including walking, running, jumping, leaping, hopping, skipping, sliding, and galloping.

M

Manipulative Skills – Movement that occurs in conjunction with an object (i.e. dribbling a basketball).

Mature – Demonstrates a movement that contains all the basic elements of that movement done in proper sequence and with proper timing.

Moderate-intensity physical activity - On an absolute scale, physical activity that is done at 3.0 to 5.9 times the intensity of rest. On a scale relative to an individual's personal capacity, moderate-intensity physical activity is usually a 5 or 6 on a scale of 0 to 10.

Moderate Motor Skill – Motor skills such as, throwing, catching, a tennis serve, a basketball layup.

Motor Skills – Physical activity that is directed toward a specific function or goal. The term can be used to refer to one discrete skill (e.g. Throwing) or a more general ability to perform physical skills competently (e.g. as in “The student has the motor skill needed to perform that sport”.)

Movement Form – All movement parts that define a skill (i.e. throwing, skipping, and catching).

Movement Pattern – An organized series of related movements.

Muscular Endurance – The ability of muscles to sustain repeated production of force at low to moderate intensity over an extended period of time. One of the five components of health-related fitness.

Muscular Strength – The ability of muscles to produce force at high intensity over a short period of time. One of the five components of health-related fitness.

Muscle-strengthening activity (strength training, resistance training, or muscular strength and endurance exercises) - Physical activity, including exercise that increases skeletal muscle strength, power, endurance, and mass.

O

Overload – A fitness principle that states that a body system (cardiorespiratory, muscular, or skeletal) must perform at a level beyond normal in order to adapt and improve physiological function and fitness.

P

Physical Activity – Any bodily movement produced by skeletal muscles that result in an expenditure of energy. These activities can require light, moderate, or vigorous effort and can lead to improved health if they are practiced regularly. *Children need 60 minutes or more a day of moderate to vigorous physical activity (MVPA) a day.*

- **Light activity** – not sitting still or lying down
- **Moderate activity** – activity that increases your heart and breathing rate and makes you sweat. You can talk but cannot sing.
- **Vigorous activity** – activity in which you are breathing rapidly and unable to speak in long sentences, only short phrases. Your heart rate is substantially increased and you are noticeably sweating.

Physical Fitness - The ability to carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and respond to emergencies. Physical fitness includes a number of components consisting of cardiorespiratory endurance (aerobic power), skeletal muscle endurance, skeletal muscle strength, skeletal muscle power, flexibility, balance, speed of movement, reaction time, and body composition.

Progression – A principle of training that establishes increases in the amount and intensity of physical activity needed to provide improvements over periods of time.

Power – The ability to transfer energy explosively into force. To develop power, a person must practice activities that required to improve strength, but at a faster rate involving sudden bursts of energy. It is the ability to combine strength and speed.

R

Reaction time – The time it takes to move after hearing, seeing, feeling, or touching; the time from stimulation to reaction.

Relative intensity - The level of effort required by a person to do an activity. When using relative intensity, people pay attention to how physical activity affects their heart rate and breathing.

Repetitions - The number of times a person lifts a weight in muscle-strengthening activities. Repetitions are analogous to duration in aerobic activity.

Respect – Willingness to show consideration or appreciation for one another (i.e. listening to others, not using put-downs).

Rhythmic Movement – Use of hands, feet, drums, recorder and/or segments of music of various tempos.

S

Simple Motor Skill – Motor skills such as, walking or running.

Skill-related fitness - involves skills that will enhance one's performance in athletic or sports events. There are six skill-related fitness components: agility, balance, coordination, speed, power, and reaction time.

Specificity – A fitness principle that states that explicit activities that target a particular body system must be performed to bring about fitness changes in that area.

Speed – The ability of the body to perform movement in a short period of time, to move quickly.

Strength - The ability of a muscle or muscle group to exert force. One of the five components of health-related fitness.

T

Technology – Any electronic device used during physical activity such as heart rate monitors, pulse monitors, pedometers, caloric counters, stopwatches, video cameras, VCR/DVD, scales, and DLP projectors.

V

Vigorous-intensity physical activity - On an absolute scale, physical activity that is done at 6.0 or more times the intensity of rest. On a scale relative to an individual's personal capacity, vigorous-intensity physical activity is usually a 7 or 8 on a scale of 0 to 10.

W

Warm-up – A low-intensity activity done before a full-effort or main activity to prepare the body for upcoming more intense activity. A proper warm-up improves muscle function, maximizes blood flow to the muscles, and improves flexibility. Warm-up activities typically involve use of all muscles (i.e., whole body movement)

Wellness – Includes five parts or dimensions: physical/body, emotional, social, intellectual, and environmental.

Adapted from:

[CDC Glossary Terms](#)

[2014 Nevada State Physical Education Content Standards](#)