

Physical Education Vocabulary Terms and Definitions

1. **Health** – a combination of physical, mental/emotional, and social well-being.
2. **Wellness** – an overall state of well-being that has a positive result over time.
3. **Agility** – ability to change body position quickly and to control body movements.
4. **Balance** – ability to maintain an upright position while stationary or moving.
5. **Coordination** – ability to integrate movements or to use two or more body parts together.
6. **Power** – ability to use strength quickly.
7. **Duration** – the length of time in which an activity or exercise is performed.
8. **Repetitions** – the number of times a person performs a movement or lifts a weight.
9. **Progression** – a principle that states a person should start slowly and increase exercise gradually.
10. **Circuit Training** – exercise program similar to an obstacle course in which the person goes from one place to another doing a different exercise at each place.
11. **Heart Rate** – the number of heartbeats in a minute.
12. **Fitness** – the ability to handle the physical work and play of life without becoming overly tired.
13. **Exercise** – physical activity that develops fitness
14. **Body composition** – the proportions of fat, bones, muscle, and fluid that make up body weight.
15. **Strength** – the ability of your muscles to exert force.
16. **Endurance** – the ability to perform vigorous physical activity without getting overly tired.
17. **Circuit Training** – exercise program similar to an obstacle course in which the person goes from one place to another doing a different exercise at each place.
18. **Flexibility** – the ability to move joints fully and easily.
19. **Warm-up** – gentle exercise you do to prepare your muscles for vigorous activity.
20. **Exercise Frequency** – the number of times an exercise or activity is performed.
21. **Exercise Intensity** – how hard a person should exercise to improve fitness.
22. **Cool-down** – gentle exercise that lets your body adjust to ending a workout.
23. **Bones** – living tissue that support and protects organs and other soft parts of the body.
24. **Overtraining** – exercising too hard or too often, without enough rest in between.
25. **Joints** – are places where two or more bones meet.
26. **Respiratory System**-system in the body that takes in and distributes oxygen.
27. **FITT** -FITT is an acronym for Frequency, Intensity, Time and Type, which are four key ways that activity can be manipulated to create a desired outcome.
28. **Skeletal System**-The bodily system that consists of the bones, their associated cartilages, and the joints, and supports and protects the body, produces blood cells, and stores minerals.

29. **Muscular System-** The bodily system that is composed of skeletal, smooth, and cardiac muscle tissue and functions in movement of the body or of materials through the body, maintenance of posture, and heat production.
30. **Respiratory System-** The respiratory system is the set of organs that allows a person to breathe and exchange oxygen and carbon dioxide throughout the body.
31. **Physical Health** – taking care of your body and keeping your body fit.
32. **Mental/Emotional Health** – taking care of your mind and expressing feelings in healthy ways.
33. **Social Health** – taking care of the ways in which you get along with other people.
34. **Sportsmanship** – fairness in following the rules of the game.
35. **Offense** – a mean or methods of attacking or attempting to score.
36. **Defense** – a mean or method of defending or protecting.
37. **Strategy** – a careful plan or method for achieving a particular goal over a period of time.
38. **Competition** – rivalry between two or more individuals or groups trying to reach the same goal.
39. **Team Sports-** an activity in which individuals are organized into opposing **teams** which compete to win.
40. **Individual sports-** A **sport** in which participants compete as individuals.