

Physical Fitness Terminology

Name: _____ Period: _____

Activity Log: A chart in which to write down all physical activity performed.

Aerobic: With oxygen

Aerobic Endurance: The ability to perform non-stop physical activity using large muscle groups, maintaining a heart rate within 60%-70% of maximal heart rate for at least 20 minutes.

Body Composition: The combined amount of fat and lean mass in the body.

Calorie: A measure of the energy in food substances

Cardiovascular system: The delivery of oxygen and blood through the work of the heart and lungs

Cool-down: Performed after moderate or high intensity exercise to bring the heart, lungs and muscles to a more resting state: easy motion, walking, stretching.

Deoxygenated: Without oxygen

Dynamic stretching: warming up the muscles with movement from momentum not to exceed the person's static-passive stretch range.

FITT Formula: Pieces of a personal exercise program used to improve or maintain fitness: Frequency, Intensity, Time, Type

Flexibility: The ability to stretch muscles freely as far as possible.

Frequency: The number of times per week exercise is performed: 3x a week at least is recommended.

Heart rate: The number of times the heart beats per minute (bpm)

Intensity: How hard exercise is performed during each session.

Interval Training: Exercise sessions which alternate between periods of high intensity and low intensity.

Ligament: A band of tissue that connects bones at a joint.

Static stretch: A stretch that is gradually performed and held steady.

Talk Test: A method used to measure how hard a person is exercising; a person's ability to talk during aerobic exercise.

Target Heart Rate: The recommended number of times the heart should beat each minute during aerobic exercise in order to improve aerobic endurance.

Time: Duration; the total time spent during each session of exercise; at least 20 minutes is recommended.

Warm-up: Done at the beginning of an exercise session to ready the body: easy, flowing movements, walking and dynamic stretching to increase blood flow to muscles.