

These are most key vocabulary words that you will need to know to succeed in lesson. Watch out for when these words occur as you do your reading, and record their definitions in your course journal.

- **health fitness standard**- The lowest fitness requirements for maintaining good health, decreasing the risk for chronic diseases, and lowering the incidence of muscular-skeletal injuries.
- **physical fitness standard**- Required criteria to achieve a high level of physical fitness; ability to do moderate to vigorous physical activity without undue fatigue.
- **cardiorespiratory endurance**- Ability of the lungs, heart, and blood vessels to deliver adequate amounts of oxygen to the cells to meet the demands of prolonged physical activity.
- **maximal oxygen uptake ( $VO_{2max}$ )**- Maximum amount of oxygen the human body is able to utilize per minute of physical activity.