

# Vocabulary

## Vocabulary

*Study the vocabulary words and definitions below.*

- agility** ..... the ability to change direction of the whole body quickly and easily
- balance** ..... a kind of coordination that allows you to maintain control over your body while stationary or moving
- body composition** ..... the percentage of body weight that is fat compared to lean body tissue such as muscle, bone, and other tissues and organs; one of the measurements of your physical fitness
- cardiovascular exercise** ..... steady, sustained rate of exercise at which the heart can supply the oxygen needed by the body; also called *aerobic exercise*
- coordination** ..... the ability to use the senses in harmony with the muscles in the body to produce smooth and accurate movements
- cross-train** ..... to vary activities and exercises from day to day
- F.I.T.T.** ..... the formula used to achieve overload and increase your level of physical fitness:  
Frequency (how often to exercise);  
Intensity (how hard to exercise);  
Type (what kind of exercise); and  
Time (how long to exercise)

# Vocabulary

- flexibility** ..... the ability to move joints and muscles through a full range of motion without pain or injury
- health-related fitness components** ..... the parts of physical fitness the body must improve and develop to achieve well-being: cardiovascular or aerobic fitness, muscular endurance, and strength; flexibility; and body composition
- heat cramp** ..... a muscle spasm caused by intense heat or lack of adequate fluid intake
- heat exhaustion** ..... a reaction to heat characterized by weakness and collapse as a result of dehydration
- heat stroke** ..... the most serious illness due to heat—considered a medical emergency; body stops sweating and exhibits a dangerously high body temperature
- muscular endurance** ..... the ability to use certain muscles repetitively for a long period of time without tiring
- muscular strength** ..... the ability of muscles to exert a force one time
- overload** ..... a training principle that says you must work the body harder than it is normally worked to improve physical fitness; to *increase* frequency, intensity, type, or time (*F.I.T.T.* formula)

# Vocabulary

- physical fitness** ..... the ability of the whole body to perform at maximum capability
- power** ..... the ability to combine maximum strength and speed in a movement
- progression** ..... a training principle that says you must do a gradual increase in overload necessary for achieving higher fitness levels; to *change* frequency, intensity, type, and time (*F.I.T.T.* formula)
- range of motion** ..... the distance a joint can move without pain or injury
- reaction time** ..... the time required to start a movement after being alerted to the need to move
- sedentary** ..... inactive—sitting or resting a great deal with little exercise
- skill-related fitness components** ..... movements that help a person in any physical activity, particularly sports and recreation: agility; balance; coordination; power; reaction time; and speed
- specificity** ..... a training principle that says you must work the specific part of the body you want to improve
- speed** ..... the ability to move your body quickly from one point to another
- stress** ..... the body's response to any situation that makes a demand on it