

Vocabulary

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Study the vocabulary words and definitions below.

ballistic stretching a type of muscle lengthening that uses bobbing or bouncing to force a muscle past its stretching point

cool-down the tapering-off period after exercise that allows the body to gradually return to a resting state

dynamic stretching a type of muscle lengthening that involves slow, controlled movements past a muscle's stretching point

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)

flexibility the ability to move joints and muscles through a full *range of motion* without pain or injury

flexion the bending movement around a joint
Example: bending the arm at the elbow to bring food to your mouth

joint the place where two or more bones connect
Examples: the knee, elbow, and hip

ligaments strong tissue that attaches one bone to another bone

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- muscle** groups of tissue that surround bones and produce physical movements
- 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)
Example: to improve flexibility you must stretch a muscle beyond its normal length to reach its stretching point
- passive stretching** a type of muscle lengthening in which you rely on a partner for assistance in the stretch
- 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)
Example: to improve flexibility you must increase the amount of stretching that you do
- range of motion** the distance a joint can move without pain or injury
- specificity** a training principle that says you must work the specific part of the body you want to improve
Example: to increase flexibility in your hamstrings you must do hamstring stretches
- static stretching** a type of muscle lengthening that involves slowly moving to a point of muscle tension and then holding that position

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stretching exercising to lengthen your muscles and improve flexibility

stretching point the point at which your muscle is being lengthened and at which you begin to feel a slight discomfort

tendon strong tissues that attach muscle to bone

warm-up exercises that increase the body's temperature and prepare it for more vigorous activity