

Vocabulary

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Study the vocabulary words and definitions below.

- aerobic exercise** activity that increases the heart rate, supplies oxygen to the muscles, and *can* be performed for a long period of time; also called *cardiovascular exercise*
- 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
- calisthenics** exercises that use the weight of one's body as resistance
- cardiovascular fitness** the body's ability to deliver oxygen to working muscles; a health-related component of fitness
- cool-down** the tapering-off period after exercise that allows the body to gradually return to a resting state
- 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

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- heart rate** the number of times a heart beats or pumps blood per minute; also referred to as *pulse rate*
- muscle fitness** the two health-related components of physical fitness: muscular strength and muscular endurance
- muscular endurance** the ability to use certain muscles repetitively for a long period of time
- muscular strength** the ability of muscles to exert a force one time
- physical fitness** the ability of the whole body to perform at maximum capability
- pulse** the beat of the heart felt by the pressure of the blood on the artery walls
- repetitions** the number of times a complete exercise is performed; also called *reps*
- resistance training** exercises in which a muscle or group of muscles repeatedly push or pull against an opposing force; also called *weight training*
- set** a group of repetitions performed without resting
- target heart rate zone (THRZ)** the recommended intensity for aerobic conditioning; 60-90 percent of your maximum heart rate

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

weight training exercises performed against resistance to develop and improve muscular strength and endurance; also called *resistance training*