

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

## GRADE TEN Fitness Planning



More Physical Education Curriculum Tools at [www.OPENPhysEd.org](http://www.OPENPhysEd.org)  
OPEN is a Public Service of US Games

# EXERCISE ADHERENCE

(Noun)

The extent to which an individual acts in accordance with an advised exercise regimen.

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Becca learned that when a doctor prescribes it as part of a complete treatment plan, exercise adherence is just as important as regularly taking medicine.

(VA SOL 10.3)

# HEALTH-ENHANCING

(Verb)

Relating to behavior or activity that, when added to baseline behaviors, produces health benefits.

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By the time the students graduated high school, they understood the importance of health-enhancing behaviors such as regular exercise and eating nutritious meals.

(VA SOL 10.3)

# HEALTH-RELATED FITNESS

(Noun)

Five physical fitness components that directly relate to good health which include: cardiovascular endurance, muscular strength, flexibility, muscular endurance and body composition.

Sheneeka did a pre-assessment of her health-related fitness components and concluded her muscular strength required improvement.

(VA SOL 10.3)

# PARTICIPATION

(Noun)

The act of taking part in something.

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Mrs. Drago asked her students to wear comfortable clothing to PE class in order to make participation in the activities easier.

(VA SOL 10.3)

# PERSONAL FITNESS

(Noun)

A continuum of infinite possibilities for better or worse physical or mental health.

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Nico searched for gyms near his home so that he could work to improve his personal fitness whenever it was convenient.

(VA SOL 10.3)

# PHYSICAL ACTIVITY

(Noun)

Any bodily movement produced by skeletal muscles that requires energy expenditure.

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Sixty minutes of physical activity should be performed each day in order to maintain good health.

(VA SOL 10.3)