

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

**GRADE SEVEN**

Fitness Planning



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# **AEROBIC ENERGY SYSTEM**

(Noun)

The body produces the most energy with this system, but at a low intensity. Aerobic exercise works the heart and lungs to help the body use oxygen better.

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Running, swimming, and biking are forms of aerobic exercise.

(VA SOL 7.3)

# **ANAEROBIC ENERGY SYSTEM**

(Noun)

The energy system used when the body produces energy without oxygen. Anaerobic exercise is short duration (less than two minutes), high intensity exercise that does not use oxygen for energy.

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Strength-based exercises such as sprinting are anaerobic activities.

*(VA SOL 7.3)*

# BARRIERS

(Noun)

Obstacles that prevent something from happening.

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Mrs. Julian asked her students to identify the barriers they face when it comes to exercising at home.

(VA SOL 7.3)

# BODY COMPOSITION

(Noun)

The ratio of lean tissue to fat tissue in the body.

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Max planned to improve his body composition by exercising regularly and eating nutritious foods.  
(VA SOL 7.3)

# CALORIC INTAKE

(Noun)

The number of calories that a person consumes daily.

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Aisha wanted to gain weight, so she made sure her caloric intake was more than her caloric expenditure.

(VA SOL 7.3)

# CONCEPT

(Noun)

A general idea.

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Gabriella applied movement concepts to the skills she used in her skating performance.

*(VA SOL 7.3)*

# FITNESS

(Noun)

The physical condition of one's muscles and heart.

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Jumping rope is a good way to improve your fitness because it increases your heart rate and makes your muscles stronger.

(VA SOL 7.3)

# FITT PRINCIPLE

(Noun)

Includes the four factors of frequency, intensity, time, and type of exercise that lead to a successful fitness plan.

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The FITT principle is important to remember when setting fitness goals.

(VA SOL 7.3)

# FREQUENCY (FITT)

(Noun)

The FITT principle is important to remember when setting fitness goals.

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When Jimmie was creating his fitness plan, he had to plan for the frequency of his exercises.

(VA SOL 7.3)

# HEALTH-RELATED FITNESS

(Noun)

A group of five physical characteristics that contribute to a person's overall well-being. The five components of Health-Related Fitness include Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition.

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Finding a variety of physical activities that you like is a good way to improve and maintain all five components of health-related fitness.

(VA SOL 7.3)

# HEART RATE

(Noun)

The speed at which the heart is beating, measured in beats per minute.

Nancy checks her heart rate before and after exercise and knows that when she is moving faster, her heart rate is going to increase.

(VA SOL 7.3)

# INTENSITY (FITT)

(Noun)

Part of the FITT principle that determines how hard one is working the heart and muscles during exercise.

Billy had to think about the intensity of the exercises he was going to perform to reach his fitness goals.

(VA SOL 7.3)

# MODERATE

(Adjective)

Average in amount or intensity.

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Mr. Renta had his students choose a moderate physical activity.

*(VA SOL 7.3)*

# MUSCULAR ENDURANCE

(Noun)

The ability of a muscle to continue to perform without fatigue.

Cole demonstrated his impressive muscular endurance by performing 75 curl-ups during his fitness test.

(VA SOL 7.3)

# MUSCULAR STRENGTH

(Noun)

The maximum amount of force a muscle can produce in a single effort.

Lifting weights is one way athletes can develop their muscular strength.

*(VA SOL 7.3)*

# PHYSICAL ACTIVITY

(Noun)

Any physical movement that uses the body's energy.

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Taking a walk with my family is a great physical activity and helps us stay healthy.  
(VA SOL 7.3)

# RELATIONSHIP

(Noun)

The way that two or more concepts, objects, or people are connected.

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In physical education class, we're learning about the relationship between hard work and success.

(VA SOL 7.3)

# SAFE

(Adjective)

Protected against physical, social, and emotional harm.

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The students felt safe in Mr. Miller's class because he created an environment where all the students were respectful of one another and their surroundings.

(VA SOL 7.3)

# SELF-ASSESSMENT

(Noun)

The evaluation of one's own performance.

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Mrs. Gerdes filmed her students throwing so that they could perform a self-assessment.

*(VA SOL 7.3)*

# SKILL

(Noun)

The ability to do something well.

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Volleying in badminton is a skill that takes time and practice to master.

*(VA SOL 7.3)*

# SMART GOALS

(Noun)

SMART goals are specific, measurable, attainable, realistic and timely.

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When coming up with our SMART goals, we use the FITT principle so that we can be successful.

*(VA SOL 7.3)*

# TIME (FITT)

(Noun)

Part of the FITT principle that specifies how long the exercise will last.

Alexis calculated out the time she wanted to perform each exercise on her goal sheet.

*(VA SOL 7.3)*

# TYPE (FITT)

(Noun)

Part of the FITT principle that specifies what kind of exercise one is doing.

Gil had to choose the type of exercise he was going to do for his fitness plan.

*(VA SOL 7.3)*

# VIGOROUS

(Adjective)

Done with great force and energy.

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Vera exercised vigorously to condition her cardiovascular system.

*(VA SOL 7.3)*