

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set
**PERSONAL
FITNESS I/II**
Anatomical Basis of Movement



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BODY SYSTEM

(Noun)

A group of body organs or structures that together perform one or more vital functions

Some of the major body systems include the circulatory system, the respiratory system, and the nervous system.

(VA SOL PF.2)

CARDIOVASCULAR

(Adjective)

Relating to the circulatory system, comprised of the heart and blood vessels (veins, arteries, or capillaries).

Cardiovascular exercise is an important tool for avoiding cardiovascular disease.

(VA SOL PF.2)

EXERCISE

(Noun)

Activity requiring physical effort, carried out especially to sustain or improve health and fitness.

When combined with proper nutrition, sufficient hydration, and plenty of sleep, exercise will make the body stronger and healthier.
(VA SOL PF.2)

MUSCULAR SYSTEM

(Noun)

The organ system consisting of all muscles found within an organism's body.

Dr. Davis broke down the muscular system into three categories: skeletal, smooth, and cardiac muscles.

(VA SOL PF.2)

ORGAN

(Noun)

A part of an organism that is typically self-contained and has a specific vital function; in humans, examples include the heart or liver.

Physical activity and good nutrition both contribute to the health of your body's organs.

(VA SOL PF.2)

PHYSICAL ACTIVITY

(Verb)

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

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

(VA SOL PF.2)