

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

PERSONAL

FITNESS I/II

Fitness Planning



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

# CONDITIONING PROGRAM

(Noun)

A set of exercises and activities that are organized and executed in order to prepare a person for a specific purpose.

Harry asked Mr. Potter to help him develop a conditioning program in preparation for volleyball tryouts.

(VA SOL PF.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 PF.3)

# PHYSICAL CONDITIONING

(Noun)

The development of physical fitness through the adaptation of the body and its various systems to an exercise program.

Bryce focused on physical conditioning throughout the summer in order to prepare for the Fall half-marathon.

(VA SOL PF.3)

# SKILL-RELATED FITNESS

(Noun)

A group of 6 psychomotor characteristics that contribute to a person's ability to successfully complete a physical performance.

The 6 components of Skill-Related Fitness include Agility, Balance, Coordination, Power, Reaction Time, and Speed.

When Mrs. Breeli asked the students to focus on one of the skill-related fitness components, Honesty chose to work on her agility.

(VA SOL PF.3)

# STRENGTH TRAINING

(Noun)

A type of physical exercise specializing in the use of resistance to induce muscular contraction which builds the strength, endurance, and size of skeletal muscles.

Students can participate in the school's strength training program to learn about the proper ways to lift weights and stay physically active.

(VA SOL PF.3)