

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set **PERSONAL FITNESS I/II** **(ELECTIVE)**

THIS PROJECT IS MADE POSSIBLE THROUGH A PARTNERSHIP BETWEEN

The Virginia Department of Education

SUNY Cortland

The SUNY Cortland Activity and Movement Pedagogy Lab (AMP Lab)

& OPEN (The Online Physical Education Network)

Please share. This is an open-source project.

Kindly reference OPENPhysEd.org, The SUNY Cortland AMP Lab, and the VA DOE.



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The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set
**PERSONAL
FITNESS I/II**
Motor Skill Development



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ADVANCED SKILLS

(Noun)

A set of activity-specific skills/abilities that allow an individual or team to successfully participate beyond a level of basic competency.

Alyssa was able to execute advanced skills during the softball unit, including a crow-hop, which allowed her to accurately throw a softball from the outfield to home plate.

[VA SOL PF.1]

BASIC SKILLS

(Noun)

Specific abilities that are fundamental for beginner-level participation in an activity or task.

Our class learned the basic skills of racquet sports in elementary and middle school, which made participation in our high school badminton lessons more advanced and strategic.

[VA SOL PF.1]

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.1]

CONCEPT

(Noun)

An abstract idea, often used to explain or generalize the characteristics of something that can be discussed or experienced.

Gabriella applied movement concepts to the skills and strategies she executed during rugby matches.

[VA SOL PF.1]

CONSISTENT

(Adjective)

Unchanging in achievement or effect
over a period of time.

Miss Mills was evaluating Cheryl's speed and found that she had a consistent time for all five rounds of the 100 meter test.

[VA SOL PF.1]

CUE

(Noun)

A signal for action.

Kurt used the cues his teacher taught him for the deadlift so that he could avoid re-injuring his back.

[VA SOL PF.1]

ENHANCE

(Verb)

To intensify, increase, or further improve the quality, value, or extent of.

Nick focused on maintaining a balance of physical activity, nutrition, and rest in order to enhance his overall performance.

[VA SOL PF.1]

EXECUTION

(Noun)

The carrying out or putting into effect of a plan, order, or course of action.

The students used a rubric to evaluate and record their performance on the paddle board self-assessment.

[VA SOL PF.1]

EXERCISE PROCEDURE

(Noun)

A series of actions conducted in a certain order or manner for activities requiring physical effort, especially to sustain or improve health and fitness.

Bin carefully followed all the exercise procedures his teacher had recommended in order to improve while avoiding injury.

[VA SOL PF.1]

FITNESS ACTIVITIES

(Noun)

Activities that improve overall fitness such as walking, swimming, dancing, biking, jogging or gardening activities.

Kim made sure that her exercise regimen involved a wide variety of fitness activities so her strength and endurance would be well-balanced.

[VA SOL PF.1]

FORM

(Noun)

The visible shape or configuration of something.

Asa was sure to use proper form during her bench press in order to ensure her safety and muscle gain efficiency.

[VA SOL PF.1]

HEALTH PROBLEMS

(Noun)

Difficulties or issues as they relate to one's health.

Neglecting the components of health-related fitness can directly lead to health problems.

[VA SOL PF.1]

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.1]

JOINT PAIN

(Noun)

Physical suffering or discomfort caused by illness or injury in one's joint.

Because Erika suffered from joint pain in her knee, she preferred to do cardio using the elliptical instead of the treadmill.

[VA SOL PF.1]

MOTOR

(Adjective)

Giving, imparting, or producing motion or action.

Writing with a pencil involves fine motor skills, while swinging a golf club involves gross motor skills.

[VA SOL PF.1]

MOTOR SKILLS

(Noun)

Muscle and nerve action that produces movement; includes fine and gross motor skills.

Writing with a pencil involves fine motor skills, while swinging a golf club involves gross motor skills.

[VA SOL PF.1]

MOVEMENT PRINCIPLES

(Noun)

A fundamental source or basis of movement.

Movement principles can help coaches discuss specific skills and training techniques with their athletes.

[VA SOL PF.1]

MOVEMENT SKILLS

(Noun)

Foundational movement patterns using various body parts that serve as the basis of physical literacy.

A person must develop strong basic movement skills before they can begin to master complex techniques regularly used in sport.

[VA SOL PF.1]

OBESITY

(Noun)

A medical condition characterized by excessive accumulation and storage of fat in the body which causes negative effects on the health of an individual.

The rate of obesity in America is skyrocketing, but it could be improved through more efficient interventions focused on nutrition and physical activity.

[VA SOL PF.1]

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.1]

PROFICIENCY

(Noun)

A high degree of skill; mastery or expertise.

Tyler's proficiency in basketball made him a very tough opponent for even the best players in class.

[VA SOL PF.1]

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.1]

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.1]

VIGOROUS

(Adjective)

Characterized by or involving a large amount of physical strength, effort, or energy.

Jenn was breathing heavily after completing a vigorous exercise routine.

[VA SOL PF.1]

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**PERSONAL
FITNESS I/II**
Anatomical Basis of Movement



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BODY SYSTEM

(Noun)

A group of body organs or structures that together preform 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]

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PERSONAL

FITNESS I/II

Fitness Planning



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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)

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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)

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[VA SOL PF.3]

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**PERSONAL
FITNESS I/II**
Social Development



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INCLUSIVE

(Adjective)

Embracing or encompassing all people or all the services, facilities, or items normally expected or required in a given situation.

Mr. Burke created an inclusive classroom atmosphere in which all students felt comfortable enough to participate fully and give the activities their best effort.

[VA SOL PF.4]

RECREATIONAL FITNESS

(Noun)

Physical activities that are often done for enjoyment, amusement, or pleasure and are also have health benefits.

Alex continued to participate in recreational fitness activities after he graduated from high school by joining the outdoor adventure club in college.

[VA SOL PF.4]

SOCIAL COMPETENCY

(Noun)

A person's ability to get along with other people;
affected by communication with others.

Derek demonstrated social competency throughout
the entire project adventure unit by positively
communicating with his classmates.

[VA SOL PF.4]

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PERSONAL

FITNESS I/II

Energy Balance



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CONDITION

(Verb)

To train or exercise for a specific purpose.

Nolan worked to condition his core in order to improve his posture.

[VA SOL PF.5]

ENERGY BALANCE

(Noun)

The relation between intake of food and output of muscular or secretory work that is positive when the body stores extra food as fats and negative when the body draws on stored fat to provide energy for work.

Mandy wanted to assess her energy balance, so she started measuring her caloric intake and expenditure.

[VA SOL PF.5]

NUTRITION

(Noun)

The process of providing or obtaining the food necessary for health and growth.

Mr. Finn taught us that to be healthy, we need both good nutrition and physical activity.

[VA SOL PF.5]

PERFORMANCE-ENHANCING SUPPLEMENTS

(Noun)

Any substance taken by athletes to improve performance.

Some performance-enhancing supplements are outlawed in professional sports because they provide an unfair advantage and are possibly harmful.

[VA SOL PF.5]

STRENGTH TRAINING

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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.

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[VA SOL PF.5]

WEIGHT MANAGEMENT

(Noun)

Part of a long-term approach to a healthy lifestyle that includes a balance of healthy eating and physical exercise in order to equate energy expenditure and energy intake.

Marybeth told Jerry that his weight management plan was not complete because it didn't include healthy eating.

[VA SOL PF.5]