Physical Fitness Facts/Vocabulary

FITNESS:
1. **Flexibility:** The ability to use your joints fully - through a wide range of motion.
2. **Strength:** The amount of force your muscles can produce.
3. **Cardiovascular endurance:** The ability to exercise your heart, lungs and vascular system for a long period of time.
4. **Muscular endurance:** The ability to use your muscles for a long period of time.
5. **Body Fat:** Percentage of body weight that is fat when compared to other tissue such as bone and muscle.
6. **Agility:** The ability to change direction quickly.
7. **Balance:** The ability of the body to maintain or regain equilibrium.
8. **Coordination:** The ability to use your senses together with your body parts. (example: catching a ball, hand (body part)-eye (sense) coordination).
9. **Power:** The ability to use strength quickly. It involves both strength and speed.
10. **Speed:** The ability to perform a movement or cover a distance in a short period of time.
11. **Reaction time:** How quickly you respond to something.
12. **Aerobic:** Steady exercise with oxygen.
13. **Anaerobic:** Short spurts of exercise without oxygen.
14. **Heart Rate/Pulse rate:** Number of times your heart beats per minute.
15. **BMI: Body Mass Index** - A math formula that takes in account a person’s height, weight, and gender.
16. **Resting Heart Rate (RHR):** The number of heart beats at rest (inactive).
17. **Target Heart Rate (THR):** 220 - age.
18. **THR Zone:** 75-90% of your THR, and maintaining that rate for 15-30 minutes.
19. **Physical Fitness:** A physical state of well being.
20. **Metabolism:** The ability of your body to use the food and oxygen you take in to produce energy to perform activities.
21. **Warm-up:** First stage of an exercise program to warm up heart and muscles.
22. **Cool down:** The last stage of an exercise program to return heart rate to normal and to prevent muscles soreness.
23. **FIT Formula:** Frequency, Intensity, Time spent on physical activity
24. **Frequency:** How often a person is physically active.
25. **Intensity:** How physically hard a person exercises.
26. **Time:** The number of minutes spent on physical activity.
27. **Six Essential Nutrients:** carbohydrates, protein, water, fat, vitamins and minerals.
28. **Carbohydrate:** Sugar and starches are the body’s principle source of energy. 1 gr. of this = 4 calories.
29. **Protein:** Nutrients that build and repair your muscles. 1 gr. of this = 4 calories.
30. **Fat:** Supplies fatty acids, transports certain vitamins, and is a reserve energy source. 1 gr. of this = 9 calories.
31. **Water:** Essential for life, transports nutrients in body. To properly hydrate your body, you need 8, 8 ounces glasses of water each day, more if exercising.
32. **Vitamins:** Nutrients needed for *growth and repair* of body cells.
33. **Minerals:** Nutrients that perform many functions in *regulating* the activities of the cells.
GENERAL SPORT TERMS:
34. Goal: Scoring in an activity.
35. Out of bounds: Outside the playing area.
36. Offense: The attacking team, trying to score.
37. Defense: The team trying to prevent the other team from scoring.
38. Foul: A major infraction of the rule; may include a penalty against the player and/or team.
39. Violation: A minor infraction of the rule; may include a penalty against the team.
40. Sportsmanship: Playing within the rules with a good attitude and with respect to others.

ULTIMATE FRISBEE:
41. Pull: Throw off to start play.
42. Spirit of the Game rule: Sportsmanship and fair play.

SOCCER:
43. Penalty kick: Awarded to attacking team from the penalty kick mark for a major foul by the offending team.
44. Direct Free kick: Free kick from which a score may be directly made.
45. Indirect Free kick: Free kick from which a score cannot be directly made; the ball must first be touched by another player.
46. Corner kick: A kick awarded to the offensive team, when a ball crosses the goal line, having last been touched by the defensive team. Kick is made from the near corner area.
47. Goal Kick: A kick awarded to defending team when the ball crosses the goal line having last been touched by the offensive team. Ball is put in play by defensive player in goal area.
48. Throw-in: Player must have both feet on ground, and ball is thrown from behind and over the head with equal force from both hands in one continuous movement.
49. Offside: If an attacking player is behind the last defending player when the ball is passed in his/her direction by a teammate.
50. Hand ball “hands”: Touching the ball with any part of the arm or hand.

FLAG FOOTBALL:
51. LOS (Line of Scrimmage): The spot from tip to tip of the football where it sits on the ground before play starts.
52. Down: Equals the number of the play. Team has 4 downs to score or earn first down.
53. Punt: Ball kicked directly from the hands, not the ground or tee.
54. Kick: Ball kicked from the ground or tee.
55. Touchdown: Score resulting in 6 points for successfully carrying/passing ball over goal line.
56. Touchback: Equals 0 points, ball is awarded to defensive team on the 20 yard line.
57. Safety: Equals 2 points. If the offensive team is caught behind their own goal line.
58. Extra points: In Pioneer PE, after a touchdown is made, the scoring team is allowed one running or passing play from the 3 yard line. If successful in passing the goal line, team is awarded 2 points.

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SQUARE DANCE:
59. Honors: An acknowledgment where the gentlemen bow and the ladies curtsy.
60. Partner: The lady to the right of the gentleman; the gentleman to the left of the lady.
61. Corner: The lady immediately to the gentleman's left; the gentleman immediately to the ladies right.
62. Right hand lady: The lady in the right-hand couple.
63. Promenade (couple): The man is on the ladies left, and the couple normally walks in a counterclockwise direction.
64. Do-sa-do: Two dancers face each other and advance: right shoulder to right shoulder, back to back, left shoulder to left shoulder with out turning around as they back in to place.
65. Allemande left: Corners join their left hands, and using these hands as a pivot, walk around each other counter clockwise back to their original positions.

VOLLEYBALL:
66. Serve: Putting the ball into play by the serving team;
67. Forearm Pass: Hitting the ball on the forearms with the hands joined.
68. Overhead Pass (set): Contact is made over the head with both hands, using fingers and thumbs.
69. Spike (hit, smash): Attacking action of forcefully hitting the ball over the net with one hand to score a point or regain the serve.

BASKETBALL:
70. Dribbling: To bounce a basketball from one hand to the floor and back up until the ball again touches the fingers.
71. Pivot: Changing direction while keeping one foot on the ground without dragging that foot.
72. Jump stop: A stop made by landing on both feet simultaneously.
73. Lay-up: A shot performed close to the basket by jumping off the foot closest to the basket and shooting with the outside hand.
74. Free throw: A shot taken from behind the free throw line, awarded to a player who has been fouled by an opponent.
75. Traveling: Moving both feet without dribbling while holding a basketball.

WEIGHTLIFTING:
76. Reps: (Repetitions) The number of times an exercise is repeated in a set.
77. Sets: How many times a series of reps (repetitions) is performed.
78. Circuit weight training: A weight lifting program with a set sequence of weightlifting activities.
79. Weight lifting: The lifting of weights in a series of sets and reps.
80. Overload: The use of heavy loads for each rep to improve strength.
81. Quads: Large muscle groups on the front of the upper leg (thigh).
82. Hamstrings: Large muscle groups on the back of the upper leg (thigh).
83. Triceps: Group of 3 muscles at the back of the upper arm.
84. Biceps: Group of 2 muscles at the front of the upper arm.

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SOFTBALL:
85. **Strike:** Either missing the ball when swinging with a bat or not swinging at a ball thrown in the strike zone.
86. **Ball:** Not swinging at a ball thrown outside of the strike zone.
87. **Base:** Bag or plate on the baseball diamond.
88. **Safe:** Player touches base before getting tagged out.
89. **Force out:** Occurs when the ball is caught by the baseman before the runner arrives at the base to which he/she must advance.
90. **Tag out:** While the runner is off the base, the infielder tags him or her with the ball.
91. **Fly ball:** Ball hit with a bat, into the air.
92. **Ground ball:** Ball hit with a bat, that hits the ground.

TRACK:
93. **Baton:** The stick passed between runners.
94. **Relay:** A track event in which a team of 4 runners run successively, each passing a baton to the next person.
95. **Sprint:** Running as fast as you can for a short amount of time. (100m, 200m)
96. **Run:** Longer, aerobic event. (800m, 1600m or 3200m)
97. **Exchange Zone:** An area that is 20 meters long and one lane wide, within which runners must pass the baton.
98. **Shot Put:** The metal sphere used in the shot put event.
99. **Discus:** A flat, circular shaped object that is thrown by “spinning” it off the fingers of the throwing hand.
100. **Long jump:** An event in which an athlete tries to jump the longest distance by using his or her running speed and take off to propel him or her forward.