

NLMS Physical Education Vocabulary List-2009

Health Related Components of PE

Body Composition	the percentage of body fat relative to muscle, bone, and other body tissue
Cardiovascular Endurance	the ability of the heart and lungs to supply oxygen through the blood to fuel muscles at a moderate intensity for an extended period of time
Flexibility	the ability to move joints and muscles through their full range of motion
Muscular Endurance	the ability to sustain muscle contraction over a period of time without undue fatigue
Muscular Strength	the ability of the muscles to generate force in a short period of time

Skill Related Components of PE

Agility	the ability to change direction of movement quickly while staying in control of your body
Balance	the ability to maintain body equilibrium in different movements
Coordination	the ability to combine movements of various body parts at the same time
Power	the ability to combine strength and speed
Reaction Time	the time between recognizing a stimulus and your body moving in response
Speed	the time it takes you to move a certain distance

Concepts and Terms used in PE

Aerobic Exercise	activity that involves or improves oxygen consumption by the body. It is performed at a moderate level of intensity for an extended period of time
Anaerobic Exercise	activity that produces energy without oxygen. It is performed at a high level of intensity for a short amount of time
Dynamic Stretch	increasing speed of movement and reach involving moving parts of your body
Static Stretch	a stretch that goes to the point of tension and is held for several seconds without moving or bouncing
Locomotor Skills	motor skills in which the feet move the body from one place to another
Circuit Training	a combination of aerobic exercise and resistance training stations to target fat loss, muscle building, and heart-lung fitness
Cross Training	using different activities into a workout routine to avoid overuse injuries and boredom

Interval Training	training that involves high intensity exercise alternated with periods of low intensity exercise
Warm Up	exercises performed at the beginning of a workout to prepare the muscles, heart rate, blood pressure, and body temperature for activity
Cool Down	low intensity activity that allows the body to transition from an exercise state to a resting or near resting state by gradually reducing the heart rate
Frequency	how often you exercise
Intensity	the degree of difficulty of the exercise
Time	the duration of the exercise
Resting Heart Rate	the number of time your heart beats per minute while at rest
Target Heart Rate	the rate you want your heart to beat while doing exercise
Body Fat	the percentage of your body mass that isn't composed of lean muscle, water, bones, or vital organs
Free Weights	weights that are not attached to a machine or driven by a cable
Selectorized Lift	a lifting exercise performed on a machine that is driven by cables and pulleys
Lifelong Exercise	an activity that someone can participate in for the duration of his/her life