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 times 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.