

## Health and PE Glossary

**body composition** - An essential measure of health and fitness that measures the ratio of fat to muscle on the body.

**cardiovascular endurance** - The ability of the heart, blood vessels, blood, and respiratory system to supply oxygen and fuel to the muscles continually over a period of time.

**center of gravity** - In geometric shapes the exact center of the object. In asymmetrical shapes, such as the human body, it is a point that changes constantly as the body moves. The center of gravity always moves in the direction of the movement or additional weight.

**culture** - The shared knowledge, beliefs, values, norms, behaviors, and customs of a group of people unified by race, ethnicity, language, nationality, or religion.

**decision making** - The process of selecting a course of action from multiple alternatives. In health, this includes the ability to: recognize a health-related choice, identify alternative options to the choice, assess the short- and long-term positive and negative consequences of these alternative options, select and implement a course of action, and evaluate the results of the decision.

**dimensions of health** - The multiple dimensions that contribute to an individual's overall health: physical, social, and emotional, and mental/intellectual.

**dynamic balance** - A component of any locomotor or manipulative movement skill in which the body moves through space, causing the center of gravity to constantly shift; the ability to maintain one's equilibrium while the body is in motion.

**emotional health** - A state of emotional functioning that includes the ability to adapt to change and to cope with adversity.

**environment** - The set of surrounding conditions. In health this includes the physical, emotional, social, and cultural conditions that influence the health of an individual and the community.

**family history** - A record of a person's current and past health/illnesses, and those of his or her parents, brothers, sisters, children, and other family members.

**FITT guidelines** - An acronym for the exercise variables used to improve fitness: frequency, intensity, time and type.

**Flexibility** - The ability to move joints and use muscles to move them through their full range of motion.

**fundamental movement skills** - An organized series of basic movements (non-locomotor, locomotor, and manipulative) that involve the combination of movement patterns of two or more body segments.

**gateway drugs** - A habit-forming substance, the use of which may lead to the abuse of drugs that are more addictive or more dangerous.

**Genetics** - The area of biological study concerned with the study of hereditary traits and variation.

**goal setting** - A student's ability to identify a desired health-related behavior or outcome and develop and pursue a plan of action that includes steps and strategies to achieve the desired behavior or outcome.

**health-related fitness assessment** - Tests given to assess the health-related fitness components. For example, the back saver "sit and reach" measures lower back flexibility.

**health-related fitness components** - The components of physical fitness that contribute to the healthy operation of the body. These include: muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition.

**health skills** - The abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life.

**HIV** - Human Immunodeficiency Virus

**interpersonal communication**- The ability to exchange feelings, knowledge, ideas, beliefs, and values with others (in ways that enhance the physical, mental, emotional, and social health of individuals, families, schools, and communities).

**line of gravity** - An imaginary line that extends vertically through the center of gravity, through the base of support when the body is in balance and outside of the base of support when the body is out of balance.

**locomotor skills** - The actions that allow one to move from one space to another. Locomotor skills include walking, running, hopping, skipping, jumping, leaping, sliding, and galloping.

**manipulative skills** - Basic motor skills which include the handling of an object. Manipulative skills include throwing, catching, kicking, trapping, and striking.

**mental health; mental/intellectual health** - The cognitive and intellectual areas of health that allows learning.

**motor skills** - Skills that improve with practice and relate to one's ability to perform specific sports and other motor tasks (e.g. tennis serve, shooting a basketball).

**muscular endurance** - The ability to use muscles to produce force continually over a period of time.

**muscular strength** - The ability of muscles to exert a force against a resistance one time.

**non-locomotor skills** - Movement of the body performed from a stable base. Non-locomotor skills include leaning, swinging, bending, stretching, swaying, twisting, and turning.

**perceptions of norms** - A person's or group's interpretation of the beliefs and behaviors of others; from the theory of perceived norms, also known as perceived norms.

**personal susceptibility** - A person's assessment of the likelihood or risk of getting an illness or being injured as a result of one's behavior.

**physical health** - A state of physical functioning and well-being.

**potential severity** - The possible seriousness of an illness or injury and its consequences.

**principles of movement** - The biomechanical principles that include: angle of release, point of contact, point of release, speed of contact, speed of release, trajectory, speed, and velocity.

**principles of opposition** - The opposition of body parts to maintain balance and assists in keeping the center of gravity over the base of support.

**principles of training** - A collection of principles related to exercise.

**Principle of overload** is the basic assumption that an increase in work and stress that is more than is normally experienced will improve one's fitness.

**Principle of progression** is the basic assumption that a progressive increase in the level of exercise is the most effective way to increase exercise.

**Principle of specificity** is the basic assumption that specific exercises must be performed to improve each area of health related fitness.

**Principle of individual differences** is the basic assumption that each individual is different. The principle of individual differences requires a unique fitness plan for each individual.

**Principle of regularity** is the basic assumption that exercise must be performed on an ongoing basis to be effective.

**social health** - Fulfilling relationships with family, friends, classmates, neighbors, and community members, including cooperative and interdependent work and play with others.

**specialized movement skills** - Fundamental movement skills that have been adapted to the special requirements of a particular sport, game, or physical activity (e.g., grapevine step, high jump, long jump, hurdles).

**static balance** - Any stationary posture, upright or inverted, in which the center of gravity remains stationary and the line of gravity falls within the base of support.

**STDs** - Sexually Transmitted Diseases

**valid health information, products, and services** - Health information, products, and services that are accurate, truthful, defensible, reliable, and trustworthy.