

Body Composition- the ratio body of fat to lean body tissue, including muscle, bone, water, and connective tissue such as ligaments, cartilage, and tendons.

Skin Fold- Most widely used measurement for determining obesity

RHR(Resting Heart Rate)- number of contractions of the heart that occur in a single minute while the body is at complete rest

Isokinetic- A muscle contraction against a resistance that moves at a constant velocity through a full range of motion

BMI(Body Mass Index)- A ratio that allows you to assess your body size in relation to your height and weight

Radial Pulse- the pulse at the wrist

Isometric- Muscle action in which the muscle attempts to contract against an immovable object

Cardiovascular Endurance- the ability of the heart, lungs, and blood vessels to use and send fuel and oxygen to the body's tissues during long periods of moderate-to-vigorous physical activity(MVPA)

Muscular Endurance-the ability of the muscles to perform physical tasks over a period of time without becoming fatigued.

Hydration- Taking in fluids so that the body functions properly

MHR (maximum heart rate)- the highest heart rate of which an individual is capable.

Max Heart Rate = 220-persons age

Isotonic- A muscle contraction against a constant resistance, as in lifting a weight

Lactic Acid- The end product of the metabolism of glucose for anaerobic conditioning

Heat Stroke- A condition in which the body loses the ability to rid itself of excessive heat through perspiration

Dehydration- the condition resulting from the excessive loss of body water

FITT- Frequency, intensity, time/duration, and type of activity

Non-Weight Bearing- Activities such as bicycling, swimming, and brisk walking that do not overstress the musculoskeletal system

Circuit Training-involves 8-12 repetitions with various lifts at 7-14 stations, while moving quickly from one station to the next

Heat Cramps- Muscle spasms that result from a loss of large amounts of salt and water through perspiration

Physical Fitness- The ability to carry out daily tasks easily and have enough reserve energy to respond to unexpected demands

Frequency- How often a person repeats a complete exercise session

Caloric- the number of calories burned to produce energy for a task

Interval Training- An excessive session in which the intensity and duration of exercise are consciously alternated between harder and easier work

Overexertion- Overworking the body

Physical Activity- Any form of movement that causes your body to use energy

Training Program- A program of formalized physical preparation for involvement in a sport or another physical activity

Intensity- the level of exertion during exercise

Time- the time spend in a single exercise session

Type- what kind of exercise a person is doing

Fast Twitch- Muscle fiber type that contracts quickly and is used most in intensive, short duration exercises, such as weightlifting or sprints

Slow Twitch- muscle fiber type that contracts slowly and is used most in moderate intensity, endurance exercises, such as distance running

Coordination- the ability to use the senses, such as sight and hearing, together with the body parts in performing motor tasks smoothly and accurately

Hypothermia- A condition in which body temperatures become dangerously low