

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)