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Chapter 12 – Physical Activity and Fitness

Vocabulary Words

1. physical activity – any form of movement that causes your body to use energy.
2. physical fitness – the ability to carry out daily tasks easily and have enough reserve energy to respond to unexpected demands.
3. exercise – purposeful activity that is planned, structured, and repetitive, that improves or maintains physical fitness.
4. sedentary – involving little physical activity.
5. cardiorespiratory endurance – the ability of your heart, lungs, and blood vessels to send fuel and oxygen to your tissues during long periods of moderate to vigorous activity.
6. muscular strength – the amount of force your muscles can exert.
7. muscular endurance – the ability of your muscles to perform physical tasks over a period of time without tiring.
8. flexibility – the ability to move your body parts through their full range of motion.
9. aerobic exercise – all rhythmic activities that use large muscle groups for an extended period of time.
10. anaerobic exercise – intense, short bursts of activity in which the muscles work so hard that they produce energy without using oxygen.
11. specificity – choosing the right type of activities to improve a given element of fitness.
12. overload – exercising at a level that's beyond your regular daily activities.
13. progression – gradually increasing the demands on your body.
14. warm-up – gentle cardiovascular activity that prepares the muscles for work.
15. workout – the part of an exercise session when you are exercising at your highest peak.

- 16.cool-down – low-level activity that prepares your body to return to a resting state.
- 17.resting heart rate – the number of times your heart beats per minute when you are not active.
- 18.frostbite – damage to the skin and tissues caused by extreme cold.
- 19.hypothermia – dangerously low body temperature.
- 20.overexertion – overworking the body.
- 21.heat exhaustion – a form of physical stress on the body caused by overheating.
- 22.heatstroke – a dangerous condition in which the body loses its ability to cool itself through perspiration.
- 23.muscle cramps – a sudden and sometimes painful contractions of the muscles.
- 24.strains – overstretching and tearing a muscle.
- 25.sprains – injuries to the ligaments around a joint.

Academic Vocabulary

- 26.devote – to give time or effort to an activity.
- 27.period – the completion of a cycle.
- 28.instance – to mention as a case or example.
- 29.exposure – the condition of being unprotected.

Choose 3 vocabulary words and use each word in a separate sentence.