

Words of the Week

Week 1

Cardiovascular fitness: the ability to exercise your entire body for long periods of time without stopping

Week 2

Strength: the amount of force your muscles can produce. This is measured by how much you can lift or how much resistance you can overcome

Week 3

Muscular endurance: the ability to use your muscles many times without tiring

Week 4

Flexibility: the ability to use your joints fully through a wide range of motion

Week 5

Body fatness: the percentage of body weight that is made up of fat when compared to the other tissues, such as bone and muscle

Week 6

Agility: the ability to change the position of your body quickly and to control your body's movements

Week 7

Balance: the ability to keep an upright posture while standing still or moving

Week 8

Coordination: the ability to use your senses together with your body parts or to use two or more body parts together

Week 9

Power: the ability to use strength quickly. Involves both strength and speed

Week 10

Reaction time: the amount of time it takes to move once you realize the need to act

Week 11

Speed: the ability to perform a movement or cover a distance in a short period of time

Week 12

Heart Rate: the number of times the heart beats each minute.

Week 13

Resting Heart Rate: the number of heartbeats during a period of inactivity.

Week 14

Maximal Heart Rate: the highest your heart rate ever gets.

Week 15

Target Heart Rate Zone: the exercise heart rate at which a person reaps cardiorespiratory benefits.

Week 16

Warm up: series of activity that prepares your body for more vigorous physical activity, enhances performance, and helps prevent injury. Usually consists of a heart warm-up and a muscle stretching warm-up

Week 17

Cool down: after a workout, your body needs time to recover from exercising. Usually consists of a heart cool down and muscle cool down

Week 18

Hyperthermia (overheating): occurs when your body temperature rises too high

Week 19

Hypothermia: excessively low body temperature. Shivering, numbness, drowsiness, muscle weakness