Vocabulary Study Guide for Grades 11-12 Final

List #1 - Vocabulary Words

atrophy – the wasting away or decrease in size of a body part, particularly muscle
hypertrophy – the increase in size of a body part, particularly muscle
progression – a gradual increase in the level of exercise in order to sustain improvement in physical fitness
specificity – principle of training that states the exercise training effect is specific to the muscles involved in the activity
antagonistic muscles – a muscle that opposes the action of the other, i.e. triceps and biceps are antagonistic muscles

List # 2 – Vocabulary Words

Agility – the ability to change the position and control the movement of the entire body, moving quickly and easily
Coordination – the integration of eye, hand, and foot movements
Speed – the ability to cover a distance in a short time; rapidity of movement of action
Fine motor skills – the coordination of small muscle movements which occur in body parts such as fingers, usually in coordination with the eyes (small movements)
Gross motor skills – basic abilities acquired or developed in infancy or childhood such as walking, kicking, throwing, etc.

List #3 - Vocabulary Words

basal metabolic rate – the rate at which energy is expended in a basic condition
carbohydrates – the starches and sugars present in foods; the body’s main source of energy
fat – the major storage form of energy in the body; a natural oily substance in the body that is deposited as a layer under the skin or around certain organs
nutrients – compounds that help the body be healthy and functional
protein – a type of nutrient that helps build and maintain body cells and tissues

List #4 - Vocabulary Words

Obesity – an abnormal accumulation of body fat, usually 30% or more over an individual’s ideal body weight.
overweight – having more body weight than considered healthy for the person’s height, build or age.
PED’s – substances used by athletes, taken illegally, to make them stronger, faster, i.e. steroids
Prime Movers – muscles that have the sole or principal responsibility for a given action or movement
Supplements – usually dietary substances used to augment, enhance, or enrich the nutritional status of a patient.

List #5 – Vocabulary

Wellness – The state of condition of being in good physical and mental health
Core strength – The strength of the underlying muscles of the torso which help determine posture
Cognitive – pertaining to the act or process of knowing, perceiving, remembering, etc.
Leadership – A process of directing people to accomplish a goal
Sportsmanship – fairness in following the rules of the game