

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