



VOCABULARY POSTERS

Aerobic activity

Any exercise that stimulates and strengthens the heart and lungs, thereby improving the body's use of oxygen.

A decorative border consisting of horizontal bars at the top and bottom, and vertical bars on the left and right sides. The colors of the bars include purple, pink, red, yellow, green, blue, and light purple.

Agility

The ability to change your body position and move quickly and accurately.

Anerobic activity

Exercise that pushes your body to the point where it can't supply enough oxygen to the muscles.

Anerobic Capacity

The maximum rate at which the body or an individual muscle can take up and use oxygen from the air.

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Balance

The ability to maintain or regain a stable body position.

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Cardiovascular Endurance

When your lungs, heart, and blood vessels function efficiently while you exercise.

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Circuit training

A type of exercise routine that involves moving from one type of exercise to the next to work different muscles.

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Cool Down

Gradually lowering your heart rate and helping muscles recover after exercise.

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Coordination

The ability to use different body parts together smoothly.



Endurance

The ability to keep exercising and moving for a long period.

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Exercise

Physical activity that involves exerting your body.

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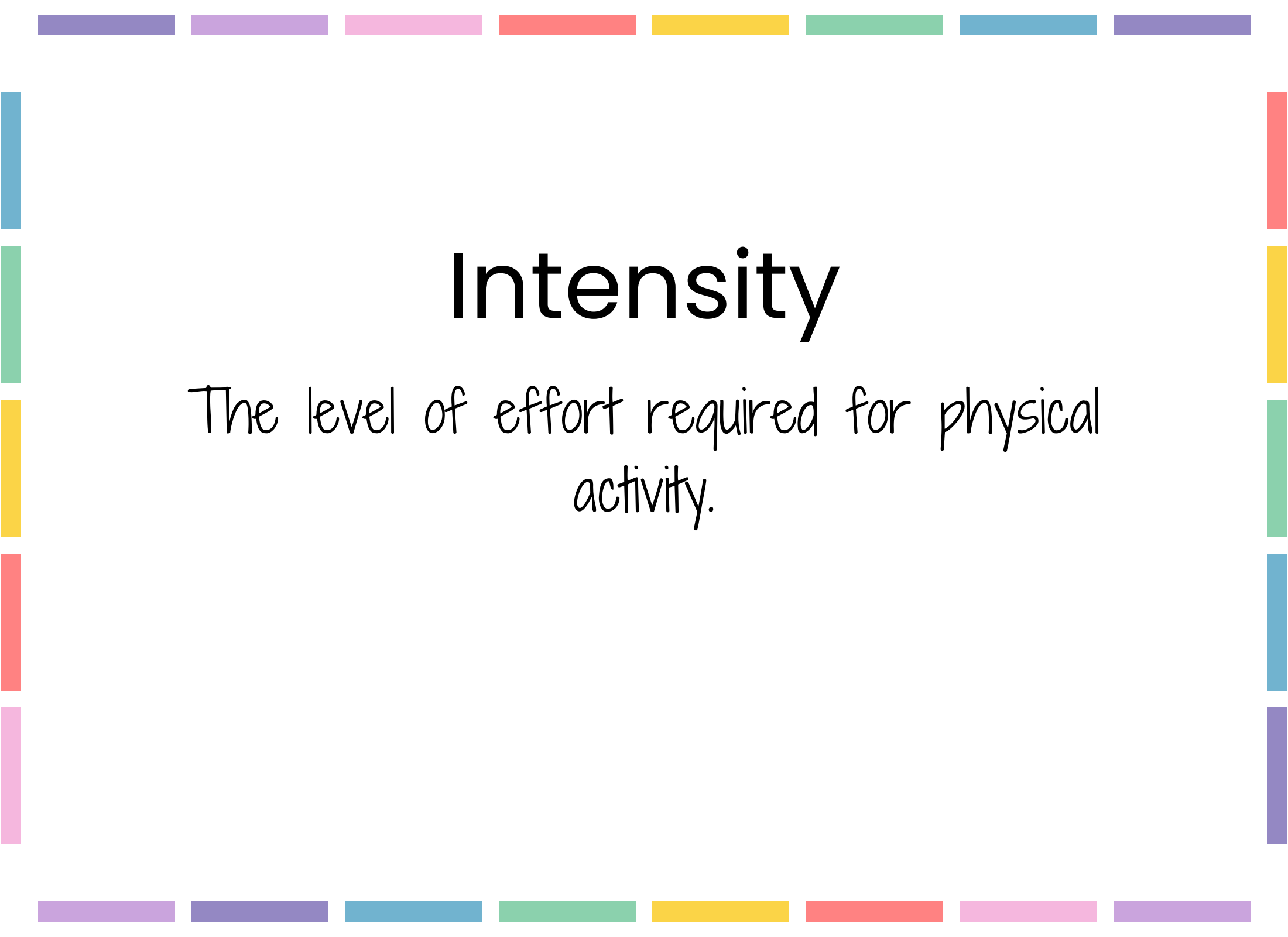
Fatigue

Extreme tiredness resulting from prolonged physical activity.

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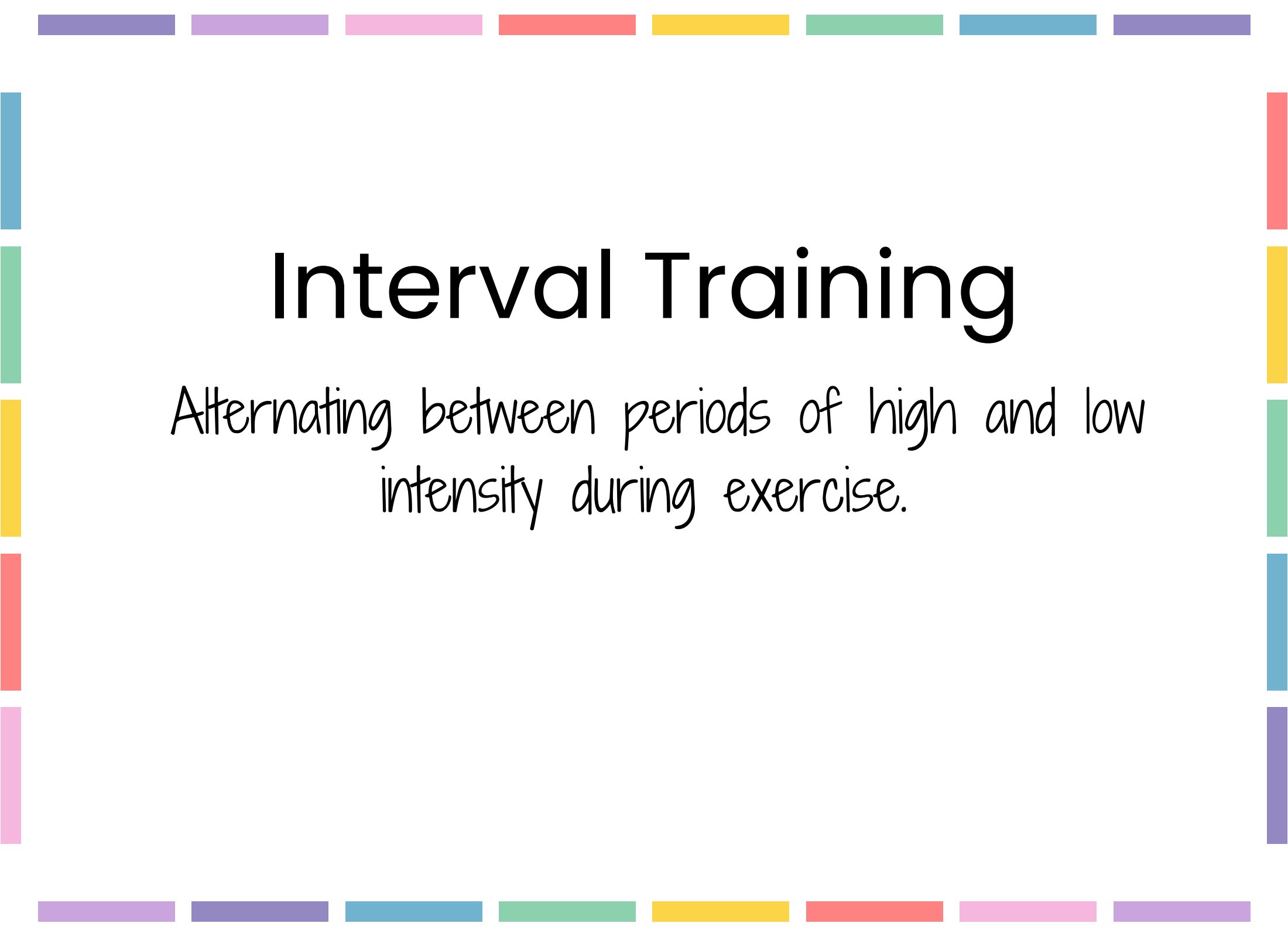
Hydration

Keeping the body's fluid balance at the right level to function properly.

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Intensity

The level of effort required for physical activity.

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Interval Training

Alternating between periods of high and low intensity during exercise.

Muscle

Tissue in the body that enables movement.

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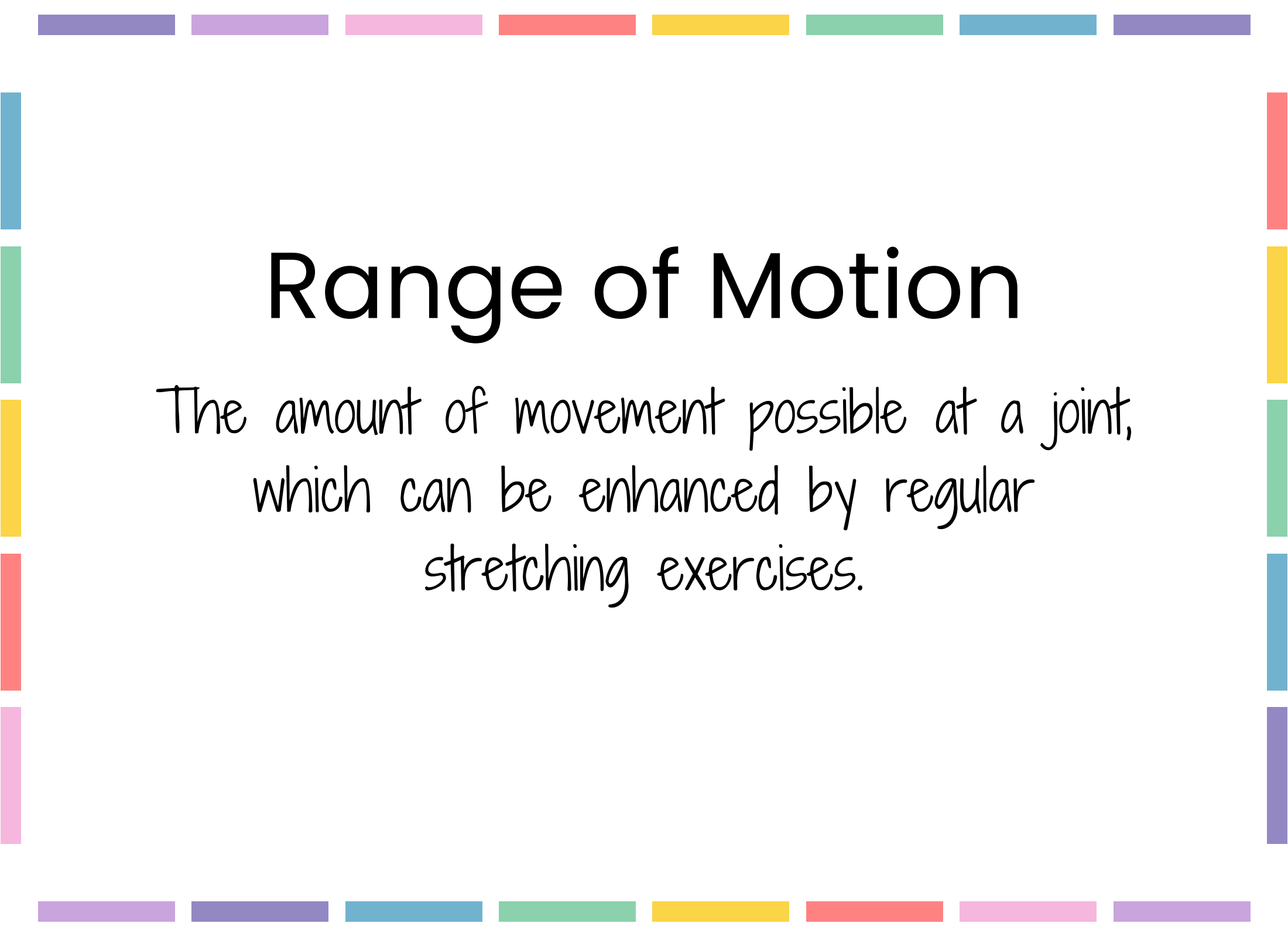
Muscular Endurance

The ability of muscles to continue working during repetitive physical activity.

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Pulse

The rhythmic beat felt in various places of the body as your heart pumps blood.

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Range of Motion

The amount of movement possible at a joint, which can be enhanced by regular stretching exercises.

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Relaxation

Reducing intensity, tension, or anxiety.

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Repetitions

The number of times you repeat an exercise or movement.

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Resistance

The force opposing a movement.

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Set

A group of repetitions performed for an exercise.

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Sport

A physical activity performed individually or as part of a team.

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Stretching

Exercises to improve flexibility.

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Workout

A session of physical exercise to improve fitness.

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Weight training

Lifting weights to build strength.

