The OPEN Academic Language Project
Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set
GRADE TEN
Fitness Planning
EXERCISE ADHERENCE
(Noun)

The extent to which an individual acts in accordance with an advised exercise regimen.

Becca learned that when a doctor prescribes it as part of a complete treatment plan, exercise adherence is just as important as regularly taking medicine.  
(VA SOL 10.3)
HEALTH-ENHANCING

(Verb)

Relating to behavior or activity that, when added to baseline behaviors, produces health benefits.

By the time the students graduated high school, they understood the importance of health-enhancing behaviors such as regular exercise and eating nutritious meals.

(VA SOL 10.3)
HEALTH-RELATED FITNESS
(Noun)
Five physical fitness components that directly relate to good health which include: cardiovascular endurance, muscular strength, flexibility, muscular endurance and body composition.

Sheneeka did a pre-assessment of her health-related fitness components and concluded her muscular strength required improvement.

(VA SOL 10.3)
PARTICIPATION
(Noun)

The act of taking part in something.

Mrs. Drago asked her students to wear comfortable clothing to PE class in order to make participation in the activities easier.

(VA SOL 10.3)
PERSONAL FITNESS
(Noun)

A continuum of infinite possibilities for better or worse physical or mental health.

Nico searched for gyms near his home so that he could work to improve his personal fitness whenever it was convenient.

(VA SOL 10.3)
PHYSICAL ACTIVITY

(Noun)

Any bodily movement produced by skeletal muscles that requires energy expenditure.

Sixty minutes of physical activity should be performed each day in order to maintain good health.

(VA SOL 10.3)