

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set
FITNESS
INSTRUCTOR
Social Development



More Physical Education Curriculum Tools at www.OPENPhysEd.org
OPEN is a Public Service of US Games

AED

AUTOMATED EXTERNAL DEFIBRILLATOR

(Noun)

A portable electronic device that automatically diagnoses the life-threatening cardiac arrhythmias of ventricular fibrillation and ventricular tachycardia in a patient and is able to treat them through defibrillation.

April learned how to use an AED during the CPR unit in physical education.

(VA SOL FI.4)

CARDIAC EMERGENCY

(Noun)

A life-threatening event involving the heart that must be recognized and treated immediately to avoid death or long-term damage to the heart and/or brain.

During the CPR training, Avery learned how to recognize a cardiac emergency.

(VA SOL FI.4)

CPR

CARDIOPULMONARY RESUSCITATION

(Noun)

An emergency lifesaving procedure that is done when someone's breathing or heartbeat has stopped.

Patty learned how to do CPR during her lifeguard training course.

(VA SOL FI.4)

CULTURAL COMPETENCE

(Noun)

A set of congruent behaviors, attitudes, and policies that come together to work effectively in cross-cultural situations.

In order to help her students achieve cultural competence, Mr. Shepard created an international games unit for his physical education class.

(VA SOL FI.4)

FIRST AID

(Noun)

Help given to a sick or injured person until full medical treatment is available.

Cara gave first aid to a student on the field hockey team by closing her cut with a butterfly Band-Aid until she could get to the hospital and receive stitches.
(VA SOL FI.4)

INSTRUCTIONAL STRATEGIES

(Noun)

A method used in teaching to help activate student curiosity regarding a class topic.

Mr. Kent used creative instructional strategies to keep his class engaged in the lesson.

(VA SOL FI.4)

LEARNING STYLES:

AUDITORY

(Adjective)

A learning style in which a person learns through listening.

Because James is an auditory learner, he most easily understood how to throw a baseball by listening to his teacher describe the movement.
(VA SOL FI.4)

LEARNING STYLES: KINESTHETIC

(Adjective)

A learning style in which a person learns through movement and/or the manipulation of an object.

Because Clark is a kinesthetic learner, he most easily understood how to serve in Pickleminton by physically practicing the movement.
(VA SOL FI.4)

LEARNING STYLES: VISUAL

(Adjective)

Often referred to as the spatial learning style, is a way of learning in which information is associated with images.

Because Al is a visual learner, he most easily understood how to shoot a basketball by watching his teacher demonstrate the movement.

(VA SOL FI.4)

UNIVERSAL PRECAUTION

(Noun)

Something that is done to prevent possible harm or trouble from happening in the future.

A dynamic warm-up is a universal precaution that everyone should make a part of regular exercise routines.

(VA SOL FI.4)