

Unit 1 Key Terms

Anaerobic exercise: a type of high-intensity exercise that causes fatigue in a relatively short period of time.

Anaerobic interval training: a type of interval training involving anaerobic exercise; also called *speedwork*.

Body composition: the percentage of the total body weight that is fat and lean.

Cardio exercise: a type of exercise that uses the large muscles of the body, gets the arms and legs swinging in rhythm, requires a medium to high intensity, and can be continued for long periods of time; also called *aerobic exercise*.

Cardio circuit training: a training routine that involves completing a set number of exercise stations in a given workout.

Cardio cross training: a training routine that involves doing different types of cardio exercises within the same workout or during the same week.

Cardio interval training: a type of interval training involving cardio exercise.

Cardiovascular endurance: the ability to sustain medium- to high-intensity cardio exercise (such as distance running, cycling, and swimming) for long periods of time; also called cardiovascular fitness.

Exercise: a type of physical activity that improves or maintains the various components of physical fitness.

Flexibility: the ability to move the body freely through a normal range of motion.

Intensity: the difficulty of an exercise or physical activity.

Intermediate slow training: a type of continuous training that involves doing steady cardio exercise for twenty to sixty minutes.

Interval training: a type of exercise training in which a person alternates between harder and easier exercise during the same workout.

Long slow distance (LSD) training: a type of continuous training that involves doing steady cardio exercise for sixty minutes or more.

Muscle endurance: the ability to contract a muscle over and over without it getting tired.

Muscle strength: the ability of a muscle or group of muscles to produce a maximal force during a single contraction.

Motor skills: the developed ability to move with precision and efficiency during sports or recreational activities.

Overload: to exercise more or harder than normal.

Physical activity: any activity such as walking, climbing stairs, or doing chores that causes the muscles to contract and use energy.

Physical fitness: a set of six components that relate to a person's ability to perform exercise or sports.

Wellness: a type of total fitness for the whole person including social, physical, mental, spiritual, and emotional well-being.