

9-10 Vocab Words

Target heart rate
Flexibility
Aerobic
Anaerobic
BMI
Overload
F.I.T
IPDE
Components of fitness
Volley
Belay
Figure 8
Freestyle
Survival Float
Hygiene
Stress
Goal
Calorie
Heart rate
Cardiovascular
Blind spot
Awareness
Responsibility
Team work
Self motivation

11-12 Vocab Words

Agility
Antagonistic muscles
Basal metabolic rate
Leadership
Obese
Progression
Prime Movers
Said Principle
Specificity
Speed
Nutrients
Protein
Carbohydrates
Fat
Overweight
PED's
Sportsmanship
Wellness
Supplements
Cognitive
Gross motor Skills
Fine motor skills
Coordination
Core strength
Atrophy
Hypertrophy