

**Glossary**  
**Comprehensive Health and Physical Education**  
**Core Curriculum Content Standards**

**Character** refers to the mental and moral qualities distinctive to an individual.  
Oxford Dictionary-Oxford University Press 2014

**Different kinds of families** refers to the many family structures represented in classrooms and in society today, including, but not limited to: traditional two-parent (i.e., mother and father) families, blended families, single-parent families, multi-racial families, multi-generational families, and same-sex-parent families.

**Essential elements of movement** means the knowledge and demonstration of mechanically correct technique when executing a movement skill.

**FITT** stands for the basic philosophy of what is necessary to gain a training effect from an exercise program.

The FITT acronym represents:

1. Frequency – How often a person exercises
2. Intensity – How hard a person exercises
3. Time – How long a person exercises
4. Type – What type of activity a person does when exercising

**Additional Training Principles:**

**Overload principle** Is a training method designed of greater intensity (weight, time) than the participant is accustomed to.

**Progressive principle** Is a training method that uses an optimal level of overload for an optimal amount of time. A gradual increase in overload over time will lead to increased wellness benefits.

**Specificity principle** Is a training method used to produce a desired adaptation or training outcome for a specific body part or component of the body.

Definitions adapted from *The Essentials of Strength Training & Conditioning*:  
National Strength and Conditioning Association, Human Kinetics (2010): Baechle,  
Thomas R., Earle, Robert W.

**Health** Is the overall condition of one being free from disease, illness, and injury.

**Health Data** is data that may be comprised of height/weight, BMI, diet, nutrition, health conditions, and physical activity that may be used to help improve a student's mental, physical and social wellness.

**Health-related fitness** incorporates the five major components of fitness related to improved health:

1. *Cardio-respiratory endurance* is the ability of the blood vessels, heart, and lungs to take in, transport, and utilize oxygen. This is a critically important component of fitness because it impacts other components of fitness and decreases the risk of cardiovascular diseases.
2. *Muscular strength* is the maximum amount of force a muscle or muscle group can exert.
3. *Muscular endurance* is the length of time a muscle or muscle group can exert force prior to fatigue.
4. *Flexibility* refers to the range of motion in the joints.
5. *Body composition* shows the amount of fat versus lean mass (bone, muscle, connective tissue, and fluids). While some fat is essential for insulation and providing energy, too much fat can cause serious health problems.

**Human papillomavirus (HPV)** is a common virus that infects the skin and mucous membranes. There are about 100 types of HPV, and approximately 30 of those are spread through genital contact (typically sexual intercourse). Around 12 types – called “low-risk” types of HPV – can cause genital warts. In addition, there are approximately 15 “high-risk” types of HPV that can cause cervical cancer. Infection with the common types of “genital” HPV can be prevented with the HPV vaccine. However, vaccination is only fully effective if administered before a girl or young woman has been exposed to those types of HPV through sexual contact. In addition, the vaccine does not protect against all types of HPV that can cause cervical cancer.

**Intentional injuries** are injuries arising from purposeful action (e.g., violence and suicide).

**Unintentional injuries** are injuries arising from unintentional events (e.g., motor vehicle crashes and fires).

**Movement skills** encompass locomotor, nonlocomotor, and manipulative movement:

1. *Locomotor movement* occurs when an individual moves from one place to another or projects the body upward (e.g., walking, jumping, skipping, galloping, hopping, leaping, jumping, sliding, running).
2. *Nonlocomotor movement* occurs when an individual moves in self-space without appreciable movement from place to place (e.g., twisting, bending, stretching, curling).
3. *Manipulative movement* occurs when an individual controls a variety of objects with different body parts (e.g., throwing, catching, kicking, striking, dribbling, volleying).

**Personal assets** refer to individual strengths and weaknesses regarding personal growth.

**Protective factors** refer to the skills, strengths, and resources that help individuals deal more effectively with stressful situations.

**Resiliency** is the ability to overcome the negative effects of risk exposure.

**Rhythm** is a strong, regular, and repeated pattern of movement or sound.  
Oxford Dictionary- Oxford University Press-2014

**Service projects** are initiatives that represent relevant social and civic needs.

**Sexually transmitted infection (STI)**, also known as sexually transmitted disease (STD), is an illness that has a significant probability of transmission between humans or animals by means of sexual contact, including vaginal intercourse, oral sex, and anal sex.

**Skill-related fitness** refers to components of physical fitness that contribute to the ability to successfully participate in sports:

1. *Agility* is the ability to rapidly and accurately change the direction of the whole body while moving in space.
2. *Balance* is the ability to maintain equilibrium while stationary or moving.
3. *Coordination* is the ability to use the senses and body parts in order to perform motor tasks smoothly and accurately.
4. *Power* is the amount of force a muscle can exert over time.
5. *Reaction time* is the ability to respond quickly to stimuli.
6. *Speed* is the amount of time it takes the body to perform specific tasks while moving.

**Wellness** is a positive state of well being in which a person makes decisions that lead to a healthy and physically active lifestyle. This includes an understanding of the healthy mind, body, and spirit.

**Traffic safety system** refers to the concept of traffic (moving people safely and efficiently), the specific components of the traffic safety system (e.g., laws, safety, signs, travel modes, routes, and responsibilities), and the people who are part of the traffic safety system (e.g., walkers, bicyclists, police, and automobile, bus, and train operators).