

The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

FITNESS

INSTRUCTOR

Energy Balance



More Physical Education Curriculum Tools at www.OPENPhysEd.org
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ANOREXIA NERVOSA

(Noun)

A potentially life-threatening eating disorder characterized by self-starvation and excessive weight loss.

Jacek was concerned that his friend Felipe had anorexia nervosa because he wasn't eating during meal time, was consistently refusing food, and had lost a lot of weight.

(VA SOL FI.5)

BODY COMPOSITION

(Noun)

The percentage of fat, muscle, bone, and water found in a human body.

Understanding body composition can help a person understand their overall health and personal fitness.

(VA SOL FI.5)

BODY MASS INDEX (BMI)

(Noun)

Weight-to-height ratio, calculated by dividing one's weight in kilograms by the square of one's height in meters. It is commonly used to determine healthy body mass.

Mr. Malinowski had us compare our body mass index (BMI) scores with other measures of body composition.

(VA SOL FI.5)

BULIMIA NERVOSA

(Noun)

An emotional disorder involving distortion of body image and an obsessive desire to lose weight, in which bouts of extreme overeating are followed by depression and self-induced vomiting, purging, or fasting.

Janelle started binge eating and purging after every meal, but she was unable to recognize the seriousness of the bulimia nervosa that had consumed her life.

(VA SOL FI.5)

CONTRAINDICATIONS

(Noun)

Something (such as a symptom or condition) that makes a particular treatment, procedure, or activity inadvisable.

Mr. Jones said that if you have knee problems, this contraindication should lead you to use caution when performing exercises that put a lot of pressure on your knee joint.

(VA SOL FI.5)

EATING DISORDERS

(Noun)

Any of a range of psychological disorders characterized by abnormal or disturbed eating habits.

Mrs. Smith taught us how to recognize eating disorders as well as how to help someone if we think they may suffer from one.

(VA SOL FI.5)

ENERGY

(Noun)

The strength and vitality required for sustained physical or mental activity that is produced by the essential nutrients.

Balanced nutrition, proper hydration, and sufficient sleep are crucial if you wish to have enough energy for exercise.

(VA SOL FI.5)

ERGOGENIC AIDS

(Noun)

A physical, mechanical, nutritional, psychological, or pharmacological substance or treatment that directly improves physiological abilities.

Acupuncture has been shown to be a safe and healthy physiological ergogenic aid and may improve athletic performance.

(VA SOL FI.5)

FEMALE ATHLETE TRIAD

(Noun)

A syndrome in which eating disorders (or low energy availability), amenorrhea/oligomenorrhea, and decreased bone mineral density (osteoporosis and osteopenia) are present.

When Mariska sought treatment for an eating disorder, the doctor also found that she had amenorrhea and low bone density, and so he diagnosed her with female athlete triad.

(VA SOL FI.5)

HYDRATION

(Noun)

The level of water supplied to the body in order to restore or maintain a balance of fluids.

Joy took a quick hydration break during soccer practice to replenish her body.

(VA SOL FI.5)

KILOCALORIE

(Noun)

The amount of energy necessary to bring one kilogram of water up by one degree Celsius.

Regina started calculating how many kilocalories she consumed each day in order to learn the patterns in her intake.

(VA SOL FI.5)

LEAN BODY MASS

(Noun)

A component of body composition, calculated by subtracting body fat weight from total body weight.

Because Tamara's goal was to improve her health over the course of the next year, she calculated her lean body mass in order to understand the point at which she was starting.
(VA SOL FI.5)

LIPID

(Noun)

Any of a class of organic compounds such as fats, oils, and waxes that are insoluble in water but soluble in organic solvents. Lipids are an important component of living cells.

Alexandra thought that all cholesterol was bad, however it is an essential lipid found in cell membranes.

(VA SOL FI.5)

LIPOPROTEIN

(Noun)

Any of a group of soluble proteins that combine with and transport fat or other lipids in the blood plasma.

Low-density lipoprotein (LDL) is sometimes called, "bad cholesterol," because it is associated with hardening of the arteries.

(VA SOL FI.5)

MACRONUTRIENTS

(Noun)

Nutrients required in large amounts in order for the body to function properly. These nutrients include protein, fat, and carbohydrates.

Tracking your macronutrients is important when you are monitoring your nutrition and eating habits.

(VA SOL FI.5)

SUPPLEMENT

(Noun)

Dietary aids that add nutritional value to one's diet by containing a specific ingredient.

The doctor told Korra she needed to take an iron supplement because her iron levels were low.

(VA SOL FI.5)

TRAINING PROGRAM

(Noun)

A plan for undertaking a course of exercise and diet in preparation for a specific physical event.

Killian used special biking clothes as an ergogenic aid to enhance his biking training program.

(VA SOL FI.5)