MIAMI DADE COUNTY PUBLIC SCHOOLS
PHYSICAL EDUCATION

# Fitness Miami Dade County Public Schools Physical Education Department

MIAMI DADE COUNTY PUBLIC SCHOOLS
HEALTH LITERACY

# Fitness Terminology

Aerobic exercise: Makes your body use large amounts of oxygen over a long period of time.

Agility: The ability to move and change directions.

Anaerobic exercise: Use short periods of hard work followed by periods of rest.

Balance: The ability to keep from falling

Blood pressure: The force of blood against artery walls.

Body composition: Amount of fat tissue to lean tissue in your body.

Cardiac output: Amount of blood pumped by your heart each minute.

Cardiopulmonary endurance: The ability to stay active without getting tired.

Cool down: 5-10 minutes of easy physical activity after your workout.

Coordination: The ability to use your body parts and senses together.

Flexibility: Ability to move and bend your body easily.

Frequency: How often something happens.

- Health Fitness: Having your heart, lungs, muscles, and joints in top condition.
- Heart rate: The number of times your heart beats each minute.

Intensity: How hard you work during physical activity (low, moderate, and vigorous)

Muscular endurance: The ability to use your muscles for a long time without getting tired.

Muscular strength: The amount of force your muscles produce.

Overload: Working your body harder than normal.

Power: The ability to combine strength and speed.

Progression: The gradual increase overload necessary to produce higher levels of fitness.

Reaction time: The time it takes to move after given a signal.

Specificity: Doing specific exercises to improve a particular area of fitness.

Speed: The ability to move quickly.

Target health rate: Fast and safe heart rate for workouts.

Training: Doing specific exercises to improve a particular skill or type of health fitness.

Warm up: 3-5 minutes of easy physical activity before your workout.

# Benefits of Physical Fitness

**Cardiorespiratory Fitness**

The ability of the circulatory and respiratory systems to supply oxygen to skeletal muscles during sustained physical activity.

**Muscular Strength**

The maximum amount of force a muscle can put out when it contracts.

**Muscular Endurance**

The ability of the muscle to sustain activity or continue to perform work.

**Flexibility**

The ability of the muscles and joints to extend themselves through their range of motion.

Examples: yoga, stretching and Capoeira


At Dave's next doctor visit, a lot had changed...


How do I get
strong?

I do high repetitions of light weights...

# Fitness Safety Tips

Take 5 to 10 minutes to warm up and cool down properly.

Plan to start slowly and boost your activity level gradually unless you are already exercising frequently and vigorously.

Be aware that training too hard or too often can cause overuse of injuries like stress fractures, stiff or sore joints and muscles, and inflamed tendons and ligaments.

Listen to your body. Hold off on exercise when you're sick or feeling very fatigued. Cut back if you cannot finish an exercise session, feel faint after exercise or fatigued during the day, or suffer persistent aches and pains in joints after exercising.

If you stop exercising for a while, drop back to a lower level of exercise initially.

For most people, simply drinking plenty of water is sufficient. But if you're working out especially hard or doing a marathon or triathlon, choose drinks that replace fluids plus essential electrolytes.

Choose clothes and shoes designed for your type of exercise. Replace shoes every six months as cushioning wears out.

For strength training, good form is essential. Initially use no weight, or very light weights, when learning the exercises. Never sacrifice good form by hurrying to finish reps or sets, or struggling to lift heavier weights.

Exercising vigorously in hot, humid conditions can lead to serious overheating and dehydration. Slow your pace when the temperature rises above 70°F. On days when the thermometer is expected to reach 80°F, exercise during cooler morning or evening hours or at an air-conditioned gym. Watch for signs of overheating, such as headache, dizziness, nausea, faintness, cramps, or palpitations.

Dress properly for cold-weather workouts to avoid hypothermia. Depending on the temperature, wear layers you can peel off as you warm up. Don't forget gloves.