

INTRODUCTORY VOCABULARY

PHYSICAL EDUCATION



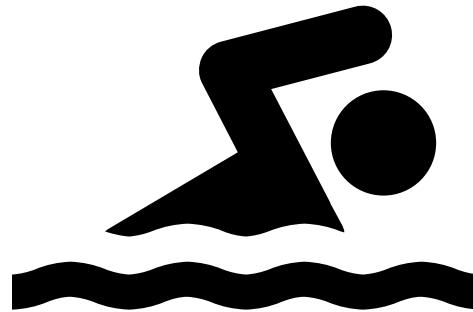
BODY COMPOSITION

The ratio of fat, muscle, and other tissues in the body.



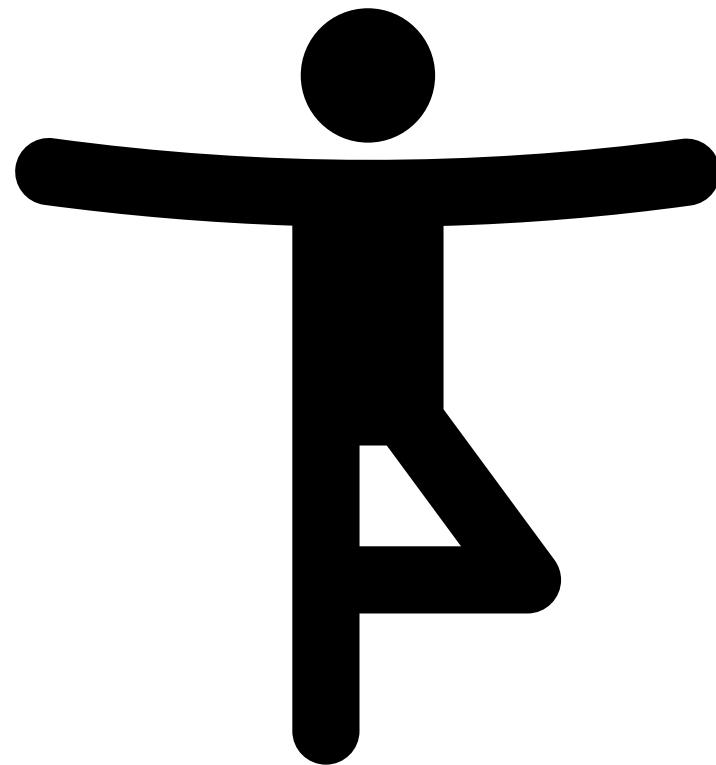
CARDIOVASCULAR HEALTH

- Relating to the heart and blood vessels; cardiovascular exercises include activities that increase heart rate.



FLEXIBILITY

The range of motion in joints and muscles.





MUSCULAR ENDURANCE

The ability to sustain physical activity for an extended period.





MUSCULAR STRENGTH

The ability of muscles to exert force against resistance.



FITNESS

- The state of being physically healthy and in good shape.





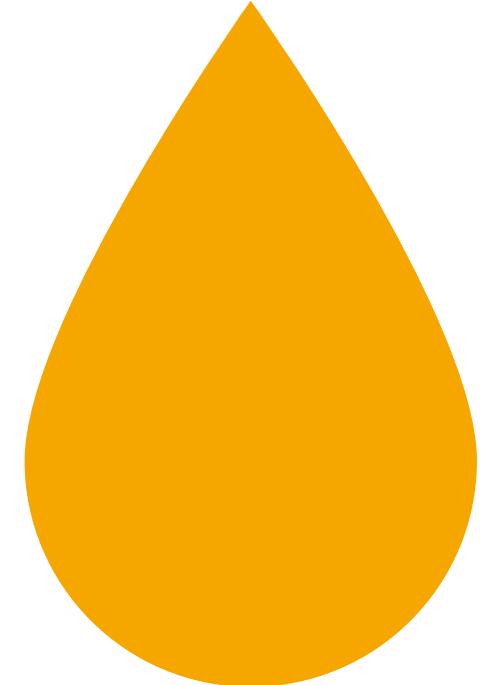
EXERCISE

Physical activity performed to improve health, strength, and endurance.



HYDRATE

- maintaining an adequate and balanced amount of water in the body to support its various physiological functions.



HEALTH

- The overall condition of the body and mind, encompassing physical, mental, and social well-being.

