

GLOSSARY



abstinence	Voluntarily refraining from an activity such as sexual intercourse or the use of alcohol, tobacco, or other drugs
aerobic exercise	Exercise that requires a continuous use of oxygen over an extended period of time
agility	A skill-related component of fitness that relates to the ability to rapidly change the position of the entire body in space with speed and accuracy
agonist	A muscle that is the principle mover or one of the principle movers of a lever
algorithm	Step-by-step procedure for solving a problem; often developed into a chart or graph
anaerobic exercise	Exercise in which the body's demand for oxygen is greater than the supply
antagonist	A muscle that in contracting tends to produce movement opposite to that of an agonist
assessment	Interpretation of measurements for the purpose of making decisions about placement, program planning, learning, and performance objectives
ATODs	Alcohol, tobacco, and other drugs, including anabolic steroids; sometimes called chemical substances
balance	A skill-related component of fitness that relates to the maintenance of equilibrium while stationary or moving
best choice debate	Pairs prepare pro/con argument, explain their positions, and seek agreement
biomechanics	The knowledge and methods of mechanics as applied to the structure and function of the living human body
body awareness	Understanding of the body's potential for movement
body composition	A health-related component of fitness that relates to the relative amounts of muscle, fat, bone, and other vital body parts
body mechanics	Efficient use of the body in maintaining proper alignment during daily tasks such as lifting, pulling, or pushing

brainstorming	Thinking open-mindedly about a topic and generating a list of possibilities without worrying if all the responses are reasonable or correct
calorie	A unit of heat and energy production; usually refers to energy obtained from food
cardiac output	The amount of blood pumped by the heart each minute
cardiorespiratory endurance	Health-related fitness component that relates to the ability of the circulatory and respiratory systems to supply oxygen during sustained physical activity
carousel brainstorming	A form of brainstorming where participants move in small groups from station to station to perform different tasks or answer questions during a prescribed period of time
Centers for Disease Control and Prevention (CDC)	Federal agency within the U.S. Public Health Service, responsible for tracking disease incidence and trends and taking action to control the incidence of such diseases
Certified health education specialist (CHES)	An individual who is credentialed as a result of demonstrating competency based on criteria established by the National Commission for Health Education Credentialing, Inc.
circuit or station teaching	The creation of discrete learning areas within the general teaching area where students work on activities independently and at their own rates; works well within a wide range of ability levels
collaboration	Working jointly with others to accomplish a common goal
continuous reinforcement	Schedule of reinforcement based on the individual being rewarded immediately and each time the target behavior is successfully met
contractility	The muscles' ability to contract or shorten
cooperative learning	Individual students learning from other students in the class by working in groups that allow those with abilities in specific areas to help others in the group; the group and not the individual achieves the goal
coordinated school health program	Formerly comprehensive school health program, this refers to the eight-component model devised by Allensworth and Kolbe

coordination	A skill-related component of fitness that relates to the ability to use the senses, such as sight or hearing, together with body parts in performing motor tasks smoothly and accurately
corrective physical education (adaptive)	Physical education of a prescriptive nature, involving specific body part(s), posture, and/or remediation or correction of specific weaknesses
demonstration (modeling)	The instructor exhibits the behavior so that students may respond and complete a task; often accompanied by verbal cues
developmentally appropriate activities	Program of activities suited to the developmental needs, capacities, and limitations of students in physical education
domains of health	Aspects of health including mental, physical, social, spiritual, intellectual, and environmental
dynamics	The study of mechanical factors associated with systems in motion
dynamic balance	Maintaining balance while moving
endurance	The ability to continue performance of a movement activity
equilibrium	The state of a system whose motion is not being changed, accelerated, or decelerated
equilibrium reactions	Automatic reactions the body employs to maintain or control the center of gravity
exercise	Planned, structured, and repetitive body movement done to improve or maintain physical fitness
feedback	A verbal, gestural, and/or physical consequence given immediately after a student responds to a cue
flexibility	A health-related fitness component that relates to the range of motion available at a joint
force	A push or pull exerted by one object or substance on another Includes external (gravity) and internal (muscular)
game intervention or cooperative games	Designing alternative approaches to the game in order to effectively accommodate and include all participants

gateway drug	Commonly refers to first drugs of use, such as tobacco, alcohol, and marijuana
health	A human condition with physical, social, and psychological dimensions; not merely the absence of disease or infirmity
health educator	A practitioner who is professionally prepared in the field of health education, who demonstrates competence in both theory and practice, and accepts responsibility to advance the aims of the health education profession
health literacy	The capacity of the individual to obtain, interpret, and understand basic health information and services and the competence to use such information and services in ways that are health-enhancing
health promotion and disease prevention	The aggregate of all purposeful activities designed to improve personal and public health through a combination of strategies including the competent implementation of behavioral change strategies, health education, health protection measures, risk factor detection, health enhancement, and health maintenance
health-related fitness	Includes muscular strength, flexibility, body composition, cardiorespiratory endurance, and muscular endurance
heart rate	Number of times the heart beats per minute
intentional injury	Homicide, suicide, acts of violence
kinesiology	The study of human movement from an anatomical and/or mechanical perspective
kinesthesia	The sense derived from muscle contractions during purposeful movement
lifetime recreational pursuit	Physical activity that can be participated in and enjoyed throughout life; includes activities such as walking, swimming, gardening, and golf
locomotor movement	A movement through space from one place to another
maximal heart rate	Highest heart rate value attainable during an all-out effort to the point of exhaustion
mental practice	A practice procedure in which the learner imagines successful action without overt physical practice; related to visualization

metabolism	The total of all chemical reactions that occur in the body during the production of energy for work
motor vehicle crash	Motor vehicle accident
muscular endurance	The ability of a muscle or muscle group to perform repeated contractions without fatigue
muscular strength	The amount of force exerted or resistance overcome by a muscle for a single repetition
overload	Resistance greater than that which a muscle or muscle group normally encounters
physical activity	Bodily movement produced by the contraction of skeletal muscles that results in energy expenditure
physically educated person	A person who has learned skills necessary to perform a variety of physical activities; is physically fit; participates in physical activities, knows the implications and benefits of such activity; and values its contribution to wellness
physical educator	Educational specialist trained to provide instruction in movement and fitness modalities
portfolio	A collection of student work over time
power	Skill-related component of fitness that relates to the rate at which one can perform work
preload	The load on the muscle at rest
progression	Gradually increasing the intensity and duration of the activity
proprioception	Sensory information arising from within the body, resulting in the sense of position and movement
reaction time	The interval of time from a suddenly presented, unanticipated stimulus until the beginning of a response
reciprocal teaching	A style of teaching where the learner works with a partner to offer feedback based on criteria prepared by the teacher
resting heart rate	The heart rate at rest, usually 60 to 80 beats per minute

risk behaviors	Behaviors that may contribute to the incidence of disease or injury, harm one's health or the health of others, or negatively impact one's mental health
risk factors	Hereditary or genetic predisposition to health conditions or disease; any factor that increases the incidence of a disease or health condition
self-monitoring	The ability to keep track of one's behavior, such as self-recording one's heart rate
sharing pairs	A learning strategy that allows paired students to share and discuss ideas
speed	A skill-related fitness component related to performing movement in a short period of time
task analysis	The identification of subskills and intermediate progressions sequenced in a specific order that the student must learn in order to complete a more complex skill or task
task group, share group	Students consider a problem in the task group, then move to a second group to share their ideas
thermoregulation	Ability of the body to regulate its temperature (e.g., sweating) influenced by environmental conditions
unintentional injury	An injury that is unplanned, such as a motor vehicle crash, diving incident, or fire
wellness	The integration and balance of social, mental, emotional, spiritual, environmental, and physical health
What I know, what I want to know (K-W-L)	Students list what they already know and use that information to determine gaps in knowledge or skills, more advanced information, or new learning that should occur
whip around, pass option	Asking each student, in turn, to speak on an issue or to say "I pass"; passing students respond on the second circuit

LEARNING THE LANGUAGE OF MOVEMENT

THE MOVEMENT FRAMEWORK

For nearly half a century, Laban's Movement Notation and 16 basic movement themes have provided educators and artists with a system to identify and characterize movement forms. These ideas have been summarized into a "movement framework" that clearly delineates the language of movement. The movement framework provides educators with a means to study the aspects of movement singularly or collectively in order to describe the totality of movement. The movement framework assists teachers to look at what the mover does and what occurs in the movement itself. For example, the movement framework allows us to distinguish between the unsteady gait of a three-year-old and the more advanced, purposeful movement of an adolescent. The movement framework provides teachers with tools to study all forms of movement—everyday, functional, occupational, and expressive. Teachers can use the movement framework to implement instructional experiences that build upon previous skills in an appropriate developmental sequence. The movement framework helps teachers analyze the progression of movement over time. It is clearly the "vocabulary" of the physical education specialist as he/she works with students to develop their movement potential.

The movement framework can be used to:

- Structure content in physical education programs
- Observe and analyze student movement
- Communicate more effectively with students, staff, parents, and others
- Assess student learning and evaluate program content

The following chart illustrates the language of movement by summarizing key points from the movement framework. Teachers not specifically trained in these concepts and skills will require additional training in order to fully appreciate and utilize the framework. (Logsdon, Alleman, Straits, Belka, & Clark, 1997).

THE LANGUAGE OF MOVEMENT

BASIC BODY ACTIONS

Stretch and Curl

Bend and Twist

Swing

Shapes

- Straight/Thin/Narrow
- Wide
- Round/Curved
- Angular
- Twisted
- Symmetrical/asymmetrical

Actions

- Supporting body weight
- Lead action
- Receive weight or force
- Apply force

WHAT THE BODY DOES

Locomotor

- Walking/Running
- Jumping/Hopping
- Skipping/Galloping
- Rocking/Rolling
- Sliding/Side stepping
- Flight

Nonlocomotor

- Balance/Off balance
- Spinning/Swinging
- Rising/Sinking
- Opening/Closing
- Bending/Curling
- Gesturing

Manipulative

- Kicking/Striking/Throwing
- Catching/Collecting
- Dribbling/Carrying

WHERE THE BODY MOVES

Direction

- Forward/backward
- Up/down
- Sideways

Levels

- Low/deep
- Medium
- High

Pathways

- Air/floor/ground
- Straight/curved
- Zigzag/twisted
- Angular

Areas

- Personal space
- General space

Extensions

- Large (far from)
- Small (near to)

Planes

- Wheel
- Door
- Table

HOW THE BODY PERFORMS

Time

- Fast/slow
- Accelerating/decelerating
- Sudden/sustained

Flow

- Bound/free
- Stoppable/ongoing
- Pausing/continuous
- Hold/release

Weight/Force

- Fine touch/firm
- Light/strong
- Soft/hard
- Relaxed/tense

Space

- Direct/indirect
- Straight/flexible

Time, Weight and Space

- Effort actions: thrusting, floating, gliding, slashing, wringing, dabbing, pressing

RELATIONSHIPS AND MOVEMENT

Body Parts

- Above/below
- Apart/together
- Behind/in front of
- Near/far
- Over/under
- Meeting/parting

Individuals/Groups

- Above/below
- Apart/together
- Behind/in front of/aside
- Meeting/parting
- Near/far
- Over/under
- Following/copying/leading
- Mirroring/matching/
- Contrasting
- Alone/unison
- Lifting/being lifted

Equipment

- Over/under/aside/on
- Near/close/far away
- Above/below
- Behind/in front of
- Mounting/dismounting

DURING GAMES

- Covering spaces
- Creating space for self and others
- Player placement
- Ball or object placement
- Marking

OTHER RELATIONSHIPS

- Rhythms/sounds
- Music/poems/stories
- Artwork/props

Adapted from Logsdon, et al., 1997, pp. xiv-xv.