



North Carolina Department of Public Instruction

INSTRUCTIONAL SUPPORT TOOLS

FOR ACHIEVING NEW STANDARDS

This document is designed to assist North Carolina educators in effective instruction of the new Common Core State and/or North Carolina Essential Standards (Standard Course of Study) in order to increase student achievement. NCDPI staff are continually updating and improving instructional tools to better serve teachers.

Unpacking Standards Appendix A: Glossary of Terms For Teachers

What is the purpose of this tool?

This tool provides educators with terminologies that represent the big, powerful concepts and ideas teachers need to know and understand in order to effectively teach the new Common Core State and North Carolina Essential Standards and use supporting materials. The Glossary of Terms is not meant to be exhaustive, but seeks to address critical terms and definitions essential in building content knowledge and understanding but also in promoting consistency across disciplines, increased student outcomes, and improved parent communication. This is a living document and will undergo additions in terms over time.

How do I send Feedback?

We intend the explanations and examples in this document to be helpful and specific. That said, we believe that as this document is used, educators will find ways in which the tool can be improved and made even more useful. If there are terms which are either omitted or which you feel are misrepresented in this glossary, please send feedback to us at feedback@dpi.nc.gov and we will use your input to refine our instructional tool. Thank You!

Where are the new Common Core State and North Carolina Essential Standards?

All standards are located at <http://www.ncpublicschools.org/acre/>

HEALTHFUL LIVING GLOSSARY

- Abstinence:** voluntarily refraining from intimate sexual contact that could result in unintended pregnancy or disease.
- Aerobic:** the form of energy production in the body that requires the presence of oxygen; it is used for activities such as walking or jogging.
- Asthma:** a chronic respiratory disease, often arising from allergies, and accompanied by labored breathing, chest constriction, and coughing.
- Balance:** the ability to control or stabilize your equilibrium while moving or staying still.
- Basic Movement Skills:** Locomotor movement skills are: gallop, hop, jump, leap, run, skip, slide, and walk. Manipulative: catch, kick, strike, and throw.
- Behavior Management Skills:** actions or behaviors that help an individual stay safe and healthy; having the ability to reduce health risks and practice high-level wellness.
- Biomechanics:** the study of the structure and function of biological systems using the methods of mechanics. The study of biomechanics ranges from the inner workings of a cell to the movement and development of limbs, the vasculature, and bones. An understanding of the physiological behavior of living tissues would allow researchers to advance the field of tissue engineering, as well as develop improved treatments for a wide array of pathologies.
- Body Management:** basic skills taught in early years focusing on abilities to control the body/body parts in actions such as those involving traveling, balancing, rolling, or supporting body weight.
- Calorie:** the unit for measuring the energy produced by food when oxidized in the body.
- Carbohydrate:** a biochemical compound composed of one or more simple sugars bonded together that are used as a source of energy for the body.
- Cardiovascular:** of, or relating to, or involving the heart and blood vessels. The cardiovascular system includes: arteries, veins, arterioles, venules, and capillaries.
- Cardiovascular Fitness:** the ability to persist in a physical activity that requires oxygen.

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Circulatory System: the heart and the system of blood vessels in the body, including arteries, capillaries, and veins.

Competence: sufficient ability to enjoy safe participation in an activity.

Conditioning: engaging in regular physical activity or exercise that results in an improved state of physical fitness.

Contraception: a process or technique for the prevention of pregnancy.

Critical Elements: the important qualitative cues that describe aspects of a movement or skill.

Dehydration: excess fluid loss from the body; symptoms include weakness and fatigue.

Dietary Guidelines for Americans: recommendations for nutritional health published by the USDA and DHHS. These guidelines reflect the most current scientific knowledge in nutrition for preventing chronic illnesses.

Discrimination: an act based on prejudice

Eating Disorders: health problems that manifest themselves through starvation, eating binges followed by purging or overeating.

Effort: this concept defines how the body moves. It consists of three components: *time* (faster or slower), *force* (harder or softer), and *flow* (bound or free).

Empathy: identification with and understanding of another's situation, feelings, and motives.

Exercise: physical activity that is planned, structured, repetitive, and results in the improvement or maintenance of personal fitness.

Exercise physiology: the branch of physiology that studies how the body adapts to physical movement. Topics studied in exercise physiology include, human energy transfer, human energy expenditure, evaluation of energy-generating capacities, the pulmonary system, the cardiovascular system, the neuromuscular system,

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hormones, training methods, environmental effects on physiology, and ergogenic aids.

Fetal Alcohol Syndrome: a complex of birth defects including retarded growth and cardiac abnormalities that occur in infants born to women who consume excess alcohol during pregnancy.

Fitness: capability of the body of distributing inhaled oxygen to muscle tissue during increased physical effort.

Fitness Components: there are two kinds of components of fitness. Health related components are cardiovascular endurance, muscle strength, flexibility, body composition, and muscular endurance. Skill related components add agility, speed and other sport-related factors.

Flammable: easily ignited and capable of burning with great rapidity [term "inflammable" means the same].

Flexibility: the elasticity of muscles and connective tissues, which determines the range of motion of the joints.

Food-borne illnesses: infectious illnesses that are transmitted by unsafe or unclean handling of food or by inadequate cooking of food.

Fundamental movement skills: running, throwing, striking, leaping, jumping, etc.

Game structure: each game has a basic framework that usually falls into one of several categories including: invasion games (e.g., basketball, football, or hockey); net/wall activities (e.g., badminton, volleyball, tennis, or racquetball); target games (golf, archery, or bowling).

Goal: Aim: something that somebody wants to achieve. A predetermined plan of action

Health: a state of well being that includes physical, mental, emotional, spiritual, and social aspects.

Health-related physical fitness: the personal fitness component most associated with health (cardiovascular endurance, muscular strength, flexibility, body composition, and muscular endurance).

Heterosexual: characterized by the attraction to and sexual orientation for the opposite sex.

Hygiene: conditions or practices that serve to promote or preserve health; habits of cleanliness.

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Heimlich maneuver: an emergency procedure for dislodging food or other obstruction from the trachea to prevent asphyxiation.

Infant morbidity: the incidence of injury/disease among infants (defined as younger than one year-old).

Infant mortality: the incidence of death among infants (defined as younger than one year-old).

Inhalant: a substance introduced into the body by breathing it in, the practice of abusing substances in this manner is referred to as "huffing".

Locomotor Skills: moving the total body to get from one place to another using a walk, run, hop jump, leap, skip, gallop or slide or some combination of these.

Manipulative Skills: a skillful movement done to or with objects such as throwing a bean bag, striking a soccer ball, catching a flying disc or juggling.

Mature form or fundamental motor patterns: the most efficient technique for the development of force production in a skill; usually associated with the highly skilled performances.

Microorganisms: an animal or plant of microscopic size, especially a bacterium or protozoan, which is capable of transmitting disease.

Monogamous: the custom of being married to only one person at a time; practicing sexual fidelity.

Movement concepts: the language that describes how the body moves, where the body moves, the qualitative characteristics of the movement and the content involved in the movement.

Movement forms:

- Dance: Creative/Modern, social-recreational, Folk/Square
- Developmental Gymnastics: progressional gymnastic movement patterns appropriate for each grade level.
- Individual Activities: gymnastics, self-defense, weight training, fitness walking
- Movement Sequence: a series of movement's put together to flow smoothly and demonstrate an understanding of movement patterns.
- Outdoor education: ropes, backpacking, canoeing, orienteering, and fishing
- Net/Racquet: badminton, racquetball, table tennis, and volleyball

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Target Activities: archery, bowling, and golf

Team Activities: soccer, volleyball, lacrosse, and field hockey

Muscular Endurance: the ability to contract your muscles repeatedly without excessive fatigue.

Muscular Strength: the maximal force that you can exert when you contract your muscles.

My Plate: a visual representation of USDA recommendations for healthy food choices; includes number of recommended servings of each of food groups.

Non-locomotor: movement in the space that the body or its parts can reach without traveling away from a starting location.

Nutrient: a substance in foods that the body needs for proper growth, development, and functioning. There are six nutrients: carbohydrates, lipids, proteins, vitamins, minerals and water.

Nutrition: the science concerned with the relation of organic nutrients, which come from food, to the physical well being of the organism.

Obesity: a condition in which the body which the body has excessive adipose (fat) tissue.

Personal Fitness: the result of a way of life that includes living and active lifestyle, maintaining good or better levels of physical fitness, consuming a healthy diet, and practicing good health behaviors throughout life.

Power: the ability to move your body parts swiftly while at the same time applying the maximum force on your muscles.

Stereotype: a person, group, event, or issue considered to conform to an unvarying pattern or manner lacking any individuality. Stereotypes limit expression and may be based on bias.

Universal standards for behavior: values or morals that are universally held, e.g., most cultures or societies expect the behavior.

Vigorous Activity: activity full of physical or mental strength or active force carried out forcefully and energetically.

Wellness: the attainment and maintenance of a moderate to high level of physical,

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mental, emotional, spiritual, and social health.

** Adapted, in part, from South Carolina Physical Education Framework Field Review Draft, May 1999, pp.101-102.

** Adapted, in part, from School Improvement in Maryland document, VSC-PHYSICAL EDUCATION Technical Vocabulary/Glossary,
http://mdk12.org/instruction/curriculum/health/vsc_pe_glossary.pdf

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