

HEALTH VOCABULARY

addiction

A strong desire to do something, even though it is harmful

example: smoking, drinking alcohol, using harmful drugs such as cocaine, crack, marijuana

adolescence

The state or process of growing up, also the period of life from puberty to maturity

aerobic exercise

Exercise that uses a great deal of oxygen for a long period of time

example: run a mile or two without stopping

agility

The ability to move and change directions

alcohol

A depressant drug found in some beverages

alcoholism

A disease in which a person is dependent on alcohol

anaerobic exercise

Exercise that is done for a short time and uses a great deal of oxygen

example: running full speed for 100 yards or more

artery

A blood vessel that carries blood away from the heart

blood pressure

The force of blood against the artery walls

cardiorespiratory endurance (heart-lung)

The ability to stay active without getting tired. You can run, swim, walk, or bike without becoming tired.

example: running a mile or more without stopping.

cell

The smallest living part of the body

circulatory system

Body system that moves oxygen, food, and waste through the body

coordination

The ability to use body parts and senses together for movement

deodorant

A grooming product used under the arms to control body odor

depressants

Drugs that slow down body functions

example: liquor, beer, wine, and all drinks with alcohol

etiquette

The body of rules governing the way in which people behave socially or in public life.

flexibility

The ability to bend and move your body easily; you can move your arms and legs in many directions.

food group

Foods that contain the same nutrients

food guide pyramid

A guide that shows how many servings are needed from each food group each day

grooming

Taking care of your body and having a neat and clean appearance

health fitness

Having the heart, lungs, muscles, and joints in top condition

heart rate

The number of times your heart beats in one minute

hygiene

Conditions or practices of cleanliness

muscular strength

The amount of force your muscles can produce; strong muscles help you lift, push, kick or pull objects.

example: push-ups, pull-ups, and sit-ups

narcotic

A drug that slows down the nervous system and relieves pain

example: **morphine**—used to control pain;

codeine—narcotic painkiller made from morphine;

heroin—illegal narcotic made from morphine

nutrients

Substances in food that your body uses

- **proteins**

Used for growth and repair of cells and to supply energy

- **carbohydrates**

The most useful supply of energy for your body

- **fats**

Used by the body for energy and to help store some vitamins

- **vitamins**

Help regulate body processes and fight disease

- **minerals**

Help regulate body processes and build new cells

- **water**

Helps with digestion; makes up most of your blood; helps remove waste products; and regulates body temperature

physical fitness

Having your body in top condition

posture

The way you hold your body as you sit, stand, and move

preadolescence

The period of human development just preceding adolescence

stimulants

A drug that speeds up body functions
example: **caffeine** found in chocolate, coffee, tea and some soda pop; **nicotine** found in tobacco; **cocaine** and **crack** made from coca bush leaves

vein

A blood vessel that carries blood to the heart

PHYSICAL EDUCATION VOCABULARY

locomotor movement

Body is moving through space (i.e., galloping, jumping, running, sliding, hopping, leaping, skipping, walking)

nonlocomotor movement

Stationary; body does not move from place to place. (i.e., balancing, reaching, stretching, swaying, swinging, turning, twisting)

manipulative skills

- **discovery**

A variety of ways to move objects
example: with hands, feet, elbow, head

- **develop**

Throwing, catching, kicking, and striking skills; dribbling and hitting skills

- **concept of sportsmanship**

Lifetime activities; rules fair play; one's personal response in regard to playing games and activities; makes activities more fun and safe to play

CONSUMERISM VOCABULARY

advertisement

A public notice published or broadcast

budget

To provide funds for, in a budget

community

People living in an area or the area itself.

consumer

One who buys and uses economic goods

consumer goods

Goods that directly satisfy human wants

environment

The surrounding conditions or forces that influence or modify

income

A gain measured in money that derives from capital or labor

impulse shopping

A sudden spontaneous arousing of the mind and spirit to purchase something

pollution

The act of polluting or contaminating

product

Something produced

recycle

To regain use

savings

Money saved over a period of time

VOCATIONAL STUDIES VOCABULARY

benefits

Money paid by an insurance company or a public agency at death or when one is sick, retired, or unemployed

career

A profession followed as a permanent calling

employee

One employed by others

employment

The act of engaging a person for work

future

Expectation of advancement or development

goals

Aim; the end toward which effort is directed

job

A position at which one regularly works for pay

occupation

One's business or vocation

salary

Money paid regularly—by year, month, or week—for work or services

skill

A developed or acquired ability

success

A degree or measure of succeeding

work

Labor