**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
ecycle
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