

Practical Living Vocabulary

Health

abstinence- refusing to participate in unsafe behaviors or activities

addiction-a strong desire to do something even though it is harmful (example: smoking, drinking alcohol, using harmful drugs such as cocaine, crack, marijuana, etc.); a physical or psychological need for a drug or other substance

adolescence-the state or process of growing up; also, the period of life from puberty to maturity; the period from about age 12 -19

aerobic exercise-exercise that uses a lot of oxygen for a long period of time (example: run a mile or two without stopping)

aggressive- acting in a forceful, threatening, or disrespectful manner

agility-the ability to move and change directions

alcohol-a depressant drug found in some beverages

alcoholism-an incurable disease in which a person becomes physically and psychologically dependant on the substance of alcohol

alternatives- other ways of thinking or acting

anaerobic exercise-exercise that is done for a short time and uses a lot of oxygen (example: run full speed for 100 yards or more)

anxiety- a disorder in which real or imagined fears keep a person from functioning normally

artery-a blood vessel that carries blood away from the heart

assertive- having the determination to stand up for yourself in a firm but positive way

biodegradable wastes- wastes that can be broken down in the environment

blood pressure-the force of blood against the artery walls and veins

body composition- the proportions of fat, bones, muscle, and fluid that make up body weight

Bulimia nervosa- an eating disorder in which a person repeatedly eats large amounts of food and then purges

cardiovascular endurance (heart-lung)-the ability to stay active without getting tired. You can run, swim, walk or bike without becoming tired. Running a mile or more without stopping.

cell-the smallest living part of the body

changes occurring during adolescence-

- physical
- social
- emotional

cholesterol- a waxy, fat-like substance used by the body to build cells and make other substances

communicable diseases- a disease that can be passed from one person to another

communication- the exchange of thoughts, feelings, and beliefs among people

conflict- a disagreement between people with opposing viewpoints

consequences- the effects of results of actions

consumption- consuming; using up; use

cooperation- working together; united effort or labor

coordination-the ability to use body parts and senses together for movement

decrease- make or become less; lessen

deodorant- a grooming product used under the arms to control body odor

dependence- a state in which a person becomes incapable of controlling drug use

depressants-a drug that slows down body functions (example: liquor, beer, wine, and all drinks with alcohol)

depression- a mood disorder involving feelings of hopelessness, helplessness, guilt, worthlessness, and extreme sadness that continue for periods of weeks or longer

eating disorders- an extreme eating behavior that can lead to serious illness or even death

emotional health-the condition of the mind and the ways that a person expresses feelings

etiquette- the body of rules governing the way in which people behave socially or in public life

family- the basic unit of society

first-aid- the immediate care given in an accident or sudden illness before professional medical help arrives

fit principle for fitness and conditioning-

- frequency
- intensity
- time/duration

flexibility-the ability to bend and move your body easily; You can move your arms and legs in many directions; the ability to use a muscle throughout its entire range of motion

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 neat and clean appearance

hazard- a potential source of danger

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

Heimlich maneuver- a technique that uses abdominal thrusts to dislodge an object blocking a person's airway

mediation- a process in which a third person helps people in conflict reach a solution

muscular endurance-the ability to use the same muscles for a long period of time (example: running a mile or two without stopping)

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 systems and relieves pain

- Example:
- morphine**-used to control pain
 - codeine narcotic**- painkiller made from morphine
 - heroin illegal**-narcotic made from morphine

noncommunicable diseases- a disease, such as asthma and cancer, that cannot be spread from one person to another

nutrients-substances in food that your body uses

1. **proteins**-used for growth and repair of cells and to supply energy
2. **carbohydrates**-are the most useful supply of energy for your body
3. **fats**-your body uses for energy and to help store some vitamins
4. **vitamins**-help regulate body processes and fight disease
5. **minerals**-help regulate body processes and build new cells
6. **water**-helps with digestion, makes up most of your blood, helps remove waste products and regulates body temperature

overindulgence/excessive-too much; going beyond what is necessary or right

physical fitness-having your body in top condition; the ability of the heart, blood vessels, lungs, and muscles to work together to meet the body's needs

posture-the way you hold your body as you sit, stand, and move

preadolescence-the period of human development just preceding adolescence

prevention- taking steps to make sure that something unhealthy does not happen

promotes- helps to develop or establish; cause to advance; further

refusal skills- ways to say no effectively

respect- high regard; honor; esteem; show respect

responsibility- the ability to make choices and to accept the results of those choices

risks behavior- behavior that increases chances of a harmful outcome

rules- statements of what to do and not to do; principles governing conduct

shock-a condition in which an individual's circulation and breathing progressively slow down

stimulants-drugs that speed 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

strategies- the skillful planning and management of anything

symptoms- changes in a body function or behavior from the usual pattern

transmission- passing on; passing along

vegetarian – person who eats vegetable foods and abstains from meat, fish, or other animal products

vein-a blood vessel that carries blood to the heart

violence- the use of physical force to injure, damage, or destroy oneself, others, or property

wellness- a concept of health that includes physical health, mental health, and social health.

Body Systems

circulatory system-body system that transports oxygen, food, and waste through the body

1. **heart**
2. **veins**
3. **arteries**

digestive system- system that breaks down food so that it can be used by the body. Your body needs food to help it work.

1. **esophagus**- tube that carries food to the stomach
2. **stomach**- breaks food down to be used for energy
3. **small** intestines
4. **large** intestines

muscular system-system that helps you move and maintain posture. Muscles help move your body parts. (example: arms, hands, legs, feet, neck, and head)

nervous system-system for communication and control; network of cells. Cells send and receive messages to and from your brain and spinal cord to all parts of your body.

1. **brain**
2. **spinal cord**
3. **nerves**

reproductive system-

respiratory system-system that helps the body use the air you breathe

1. **trachea**-windpipe
2. **bronchi**-tubes going to each lung
3. **lungs**-air goes to lungs

skeletal system-system of your bones that help protect and support your frame. There are over 200 bones in the body.

Physical Education

abilities- qualities or condition of being able; power to perform or accomplish; capacity

accuracy- precise correctness; exactness

aerobic exercise-exercise that uses a lot of oxygen for a long period of time (example: run a mile or two without stopping)

agility-the ability to move and change directions

anaerobic exercise-exercise that is done for a short time and uses a lot of oxygen (example: run full speed for 100 yards or more)

balance-the ability to keep from falling

behavior- manner of conducting oneself

body composition-the amount of fat tissue and lean tissue in your body

cardiovascular endurance-the ability to stay active without getting tired

competitive- having or based on competition; decided by competition

confidence- firm belief in oneself and one's abilities; self-confidence

coordination-the ability to use body parts and senses together for movement

defensive- ready to defend;

emotional/mental benefits- improved confidence, increased self-esteem, stress reduction, self-expression

fit principles of fitness training and conditioning-

- **frequency**
- **intensity**
- **time**

flexibility-the ability to bend and move your body easily

isokinetic exercise-exercise that makes use of weight-training machines to move muscles at a constant rate of speed throughout their full range of movement

isometric exercise- exercise in which a muscle contracts but does not shorten; this type of exercise increases strength but only at the joint angle at which the exercise is performed

isotonic exercise-the contraction and relaxation of muscles through their full range of motion; this type of exercise develops muscle strength

leisure- time free from required work in which you may rest, amuse yourself and do the things you like to do

locomotor movement-body is moving through space (i.e. galloping, jumping, running, sliding, hopping, leaping, skipping, walking)

logical- reasonably expected; reasoning correctly

manipulative skills-

discovery-a variety of ways to move objects (i.e. 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

muscular endurance-the ability of a muscle or group of muscles to apply force over a period of time

muscular strength-the ability of a muscle to exert or to resist a force

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

nonverbal- without words

offensive- used for attack

participants- person who shares or participates

physical benefits- increased energy, improved strength, fitness, improved control of body movements

physical fitness-the ability of the heart, blood vessels, lungs, and muscles to work together to meet the body's needs

power-the ability to combine strength and speed

reaction time-the length of time it takes to move after a signal

recreational-used for recreation

reduction- amount by which a thing is made smaller

self-esteem- confidence in yourself

sequential- forming a sequence or connected series

skills- ability gained by practice

social benefits-self-esteem, friendship, self-expression

spectators- person who looks on without taking part; onlooker

speed-the ability to move quickly

techniques- technical skill; method or ability of performance, execution,

transitional- of change from one or more or less fixed condition to another

verbal- expressed in spoken words; oral

warm-up-a 5 to 10 minute period during which you prepare your body for vigorous exercise

Consumerism

advertisement-a public notice published or broadcast ; a message designed to get consumers to buy a product or service

agencies-

private-

public-

voluntary-

nonprofit-

budget-to provide funds for in a budget

community-people living in an area, or the area itself

comparison- act or process of comparing; finding the likenesses and differences

consumer-one that buys and uses economic goods and services

consumer goods-goods that directly satisfy human wants

environment-the surrounding conditions or forces that influence or modify; all the living and nonliving things that surround you

financial- of or having to do with money matters

gimmicks- a hidden or tricky condition in a plan

impulse shopping-a sudden spontaneous arousing of the mind and spirit to purchase something

income-a gain measured in money that derives from capital or labor

long-term goals- goals that take a long time to reach—months or even years

media-the various methods for communicating information

natural resources-a material that is supplied by nature

needs-something that you have to have in order to live(air, food, water, shelter, sleep, clothing)

pollution-the act of polluting or to contaminate

product-something produced

recycle-change an item in some way so that it can be used again

reduce-cut down on the amount of trash and garbage you throw away

resources-a source of information or expertise that you can use to help meet your goals

reuse-find a practical use for an item that you might otherwise throw away

recycling-the process of reforming or breaking down waste products so that they can be used again

savings-money saved over a period of time

services-work that is provided by people

short-term goals-goals that can be reached more quickly, perhaps in a few days or weeks

status-social or professional standing; position; rank;

strategies-the skillful planning and management of anything

unit price-the cost per ounce of a product

wants-things that you would like to have but that are not necessary for survival

Vocational Studies

abilities-What you're good at. If you have an aptitude for something, you'll be better at it. The more you practice, the easier things become.

application-summary of your educational background, job experiences, and qualifications created by the EMPLOYER and completed by YOU

apprenticeship-on the job training

aptitude-inherent or natural ability to do something

associates degree-two years beyond high school

bachelor degree-four years beyond high school

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

body language-communicating with actions or appearance rather than words; i.e. arms crossed, tapping your fingers/feet, leaning forward, putting your head down, and staring at your feet

career-a series of related jobs that compose your job history; for example, you start out as an intern, then you get promotions or advances or specialize

career assessment survey-interest survey determining your likes

careers differ to match your interests, aptitudes and goals-salary, benefits, demands of the job, work environment

communication skills-reading, writing, e-mailing, appropriate tone of voice, correct grammar, eye contact, body language are important at work

consumers-anyone who uses goods and services within an economic system

cover letter-letter of application which accompanies a resume when applying for a job

economic system-the way a society organizes the production and consumption of its goods and services

employee-anyone who has a paying job with an employer

employer-anyone who runs a business and hires other people to help

employment-the act of engaging a person for work

facial expressions-rolling eyes, glaring, frowning, smiling, crossed eyes, blank stare, eye contact

flex-time-coming to work when it is best for you rather than working a standard 9-5 schedule

free enterprise-any economic system in which individuals may choose how they want to earn and spend their money and how they want to be producers and consumers

future-expectation of advancement or development

global economy-the worldwide system of producing, trading, and using goods and services

goals-aim; the end toward which effort is directed

homemaker-any man or woman who manages his or her own household

identity-your sense of who you are---a sense of the unique set of characteristics that make you special as well as those characteristics you share with others

income-the money a person receives for the work he or she performs

individual and team skills contribute to successful task completion-identifying goals, use listening skills, follow directions, communicate orally, successful task completion, communicate in writing, as appropriate (fact finding) questions about tasks, use problem solving skills

interests-what you like to do; if your job involves what you like to do, you will like your job more and do it better

interview skills-nonverbal communication, verbal skills, friendly greeting, show enthusiasm, respond positively and honestly, plan questions to ask, listen carefully, and thank the interviewer

job-a set of tasks or responsibilities for which you usually earn money

job fair-employers gather together and will explain about what jobs they have available

job shadowing-take your son/daughter to work day, groundhog day

job sharing-what results when an employer agrees that two employees can split the hours and pay of one job

math skills-adding, subtracting, multiplying, dividing, making change, estimating, measuring, telling time are important to careers

military service-on the job training, money for college, college degree from West Point, Annapolis, Colorado Springs

money-neither a want or a need; used to buy wants and needs

needs-food, clothing, shelter, people work to get these things

new careers emerge and others are deleted due to needs in society-nursing home, day care, technology, computers, Internet, flex time

nonverbal communication-body language, facial expressions, posture, dress, eye contact, show enthusiasm

occupation-one's business or vocation

options-choices; EVERYONE HAS CAREER OPTIONS

personal satisfaction-self-worth, people work for the pleasure of doing something; volunteer work, for example

producers-anyone who provides goods and services within an economic system

resources that influence jobs-coal mines, farmland, rivers, beach (lifeguard), hydroelectric plants, glass manufacturing

resources to find a job-Internet, Occupational Outlook Handbook, newspaper, magazines, counselors

resume-summary of your past education background, job experiences, and qualifications created by YOU

salary-money paid regularly by year or month for work or services; wage

science/research skills-define the problem, find multiple answers, test solutions, choose the best are important to your career

skill-a developed or acquired ability

socializing-the way you get to know other people, for example, by meeting new people or by talking with people you already know; this leads to networking which is a method of finding a job

strategy-approach, method, procedure for accomplishing a goal

success-a degree or measure of succeeding

tangible-something that you can feel or touch; it has shape and size; an object; in economics it can be purchased

technical/vocational school-ITT Tech, RETS

technology impacts the workplace-keyboarding, word processing, spreadsheets, databases (using and creating), Internet, trouble shooting

wants-entertainment, hobbies, and brand-name items; people work to get these things

work-labor

work ethics-positive attitude, communications skills, punctuality, initiative, being motivated to go beyond the call of duty

work habits-cooperation, respect, time management, take responsibility for yourself and others

work provides goods-manufacturing, construction, assembly lines, clothing manufacturing, farming

work provides services-restaurants, transportation, retail, hotels, schools, fire department, health care, legal work