

Key Terms

active living	A way of life valuing physical activity as an essential part of living; characterized by the integration of physical activity into daily routines and leisure pursuits.
activity-specific motor skills	Motor skills specific to a particular activity, such as square dance—do-si-do; soccer—heading; aquatics—front crawl; basketball—chest pass.
body mechanics	Methods in which an individual moves through various mediums, including buoyancy, motion, levers, force, and balance.
elements of movement	Includes the movement concepts (body awareness, space awareness, qualities, relationships), movement skills (locomotor skills, non-locomotor skills, motor abilities, manipulative skills), body mechanics, and activity-specific motor skills that enable the performance of any physical activity.
fitness components	Variables that indicate fitness levels of individuals, including flexibility, muscular strength, muscular endurance, anaerobic power, and aerobic capacity (cardiovascular endurance).
locomotor skill	An element of movement; movement from place to place, such as walking, running, hopping, jumping, leaping, skipping, climbing, galloping, rolling, and sliding.
motor skill	Any muscular activity, under voluntary control of the brain, that is directed toward a specific objective.
non-locomotor skill	An element of movement; movement that does not involve locomotion, such as bending, curling, holding, lifting, pulling, pushing, stretching, swinging, twisting, and turning.
performance modifiers	Variables affecting performance and level of participation in a physical activity.
personal functional level of physical fitness	Possessing fundamental motor skills that allow a learner to participate comfortably and confidently in a selected physical activity.
principles of training	In designing a training program, consideration should be given to the following: frequency, overload, duration, specificity, progressions, monitoring, adaptability, overtraining, reversibility, maintenance, and goal-setting.