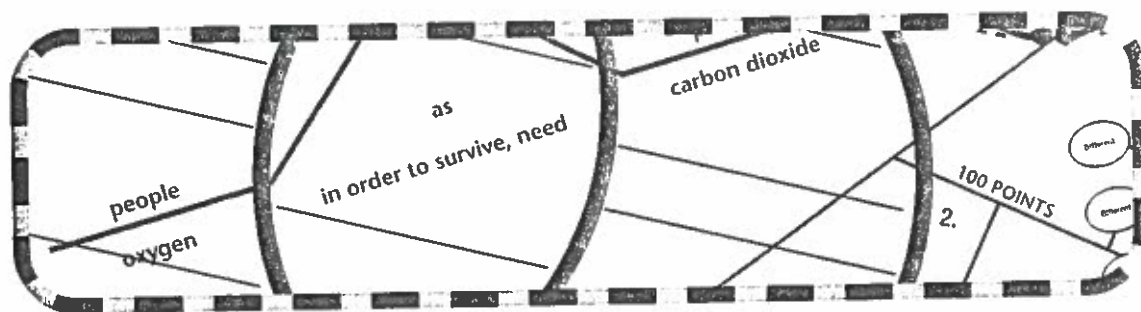


# B Academic Vocabulary Word Lists



In this section, 7,923 vocabulary terms are listed for 11 subject areas:

- |                          |              |                       |
|--------------------------|--------------|-----------------------|
| 1. Mathematics           | 5. Geography | 9. Physical education |
| 2. Science               | 6. Civics    | 10. The Arts          |
| 3. English language arts | 7. Economics | 11. Technology        |
| 4. History               | 8. Health    |                       |

The terms for all subject areas are reported at four levels:

Level 1: grades K-2

Level 2: grades 3-5

Level 3: grades 6-8

Level 4: grades 9-12

## Vocabulary Terms

Readers should note that proper names are listed alphabetically by first name as opposed to last name. Also, some entries are alphabetized on the basis of the article *the*.

# Physical Education | Word List

## Level 1

ability  
 activity  
 arm preparation  
 balance  
 body shape  
 breathing rate  
 catch  
 circling  
 climbing  
 coach  
 exercise  
 flexibility  
 galloping  
 game  
 game rule  
 glove  
 goal  
 gymnasium  
 headstand  
 heart rate  
 hopping  
 jogging  
 joint  
 jump rope  
 jumping  
 kick & strike  
 landing  
 lifting  
 losing  
 lunging  
 outdoor activity  
 overhand throw  
 pass a ball  
 perspiration  
 player  
 practice  
 race  
 ready position

riding  
 running  
 score  
 sit-&-reach position  
 skill  
 skipping  
 sliding  
 speed  
 sport  
 stretching  
 take-off  
 team sport  
 throwing  
 throwing arm  
 turn taking  
 turning  
 twisting  
 underhand throw  
 winning

## Level 2

arm & shoulder stretch  
 athlete  
 athletic equipment  
 balance board  
 baseball  
 basketball  
 basketball chest pass  
 bat  
 batting  
 body control  
 boxer  
 championship  
 competitive sport  
 conditioning  
 cool-down  
 course  
 court

curl-up  
 cyclist  
 defensive strategy  
 distance walk/run  
 diver  
 endurance  
 endurance activity  
 fielding  
 fitness level  
 fitness standard  
 follow-through  
 foot dribble  
 football  
 gymnastics  
 hand dribble  
 hockey  
 ice skates  
 increased heart rate  
 individual sport  
 lifestyle  
 lifetime sport  
 locomotor skill  
 motor skill  
 movement control  
 movement pattern  
 muscle soreness  
 muscular endurance  
 muscular strength  
 net & invasion game  
 nonlocomotor skill  
 object-control skill  
 offensive strategy  
 opponent  
 personal challenge  
 personal space  
 physical fitness level  
 physical fitness test  
 physical injury  
 power  
 procedure

# Physical Education | Word List

## Level 2 (cont.)

professional sport  
 proper nutrition  
 pull-up  
 pulse rate  
 punt  
 push-up  
 racing start  
 racket  
 racket sport  
 recovery rate  
 recreational league  
 rhythmical skill  
 rink  
 risk taking  
 self-assessment  
 self-expression through  
     physical activity  
 serve the ball  
 shoot the ball  
 sideline  
 skate  
 skis  
 soccer dribble  
 softball  
 sport etiquette  
 sport-specific skill  
 sports apparatus  
 sports club  
 sportsmanship  
 stealing the ball  
 striking pattern  
 swimming  
 temporary tiredness  
 tennis  
 timed walk/run  
 to make a play  
 track  
 training

transition movement  
 traveling pattern  
 trunk twist  
 warm-up  
 weight-bearing activity  
 wheelchair sports

## Level 3

advanced movement  
     skill  
 aerobic  
 aerobic capacity  
 anaerobic  
 calisthenics  
 cardiorespiratory  
     endurance  
 cardiorespiratory  
     exertion  
 dual sport  
 emotional health  
 exclusionary behavior  
 eye-hand coordination  
 fat body mass  
 feedback  
 fitness goal  
 freestyle swimming  
 frequency of training  
 game plan  
 handicapped athlete  
 health benefit  
 heart-rate recovery  
 heart-rate reserve  
 inclusive behavior  
 intramural sport  
 irregular heart rate  
 isometric exercise  
 lean body mass  
 leisure activity

manual dexterity  
 mental health  
 movement concept  
 muscle cramp  
 overtraining  
 overuse injury  
 psychological benefit  
 physiological benefit  
 range of motion  
 relaxation techniques  
 resistance training  
 resting heart rate  
 self-image  
 self-talk  
 spatial awareness  
 spike the ball  
 stress reduction  
 target heart rate  
 threshold  
 visualization  
 volleyball  
 weight control  
 weight training

## Level 4

abdomen  
 aquatics  
 autonomous phase of  
     learning  
 ballistic stretching  
 biomechanics of  
     movement  
 body composition  
 cardiovascular efficiency  
 center of gravity  
 circuit training  
 equilibrium  
 extracurricular sport

## Level 4 (cont.)

fast-twitch muscle  
health-enhancing level of  
fitness  
international  
competition  
interval training  
law of specificity

leadership role  
mental imagery  
overload principle  
personal fitness program  
physiological factor  
progression principle  
progressive overload  
rate of perceived exertion  
respiratory efficiency

reversibility  
sedentary lifestyle  
situational awareness  
slow-twitch muscle  
specificity principle  
sport facility  
sport psychology  
static balance  
static stretch