

Max’s Fitness Vocabulary Masterclass

Learning objective: To develop a sophisticated understanding of physical fitness, cardiovascular health, and body composition terminology.

Key Vocabulary

Use this vocabulary that to refine your explanations of physical activity. Terms are grouped by physiological systems, performance metrics, and training principles.

Cardiovascular Relating to the heart and bl...	Pulse The rhythmic throbbing of arteries as b...	Stamina The ability to sustain prolonged phy...
Agility The ability to move quickly and easily,...	Endurance The capacity of the body to keep...	Flexibility The quality of bending easily with...
Anaerobic Exercise that is short and high-in...	Aerobic Physical exercise of low to high inte...	Recovery The time taken for the heart rate ...
Circuit A series of different exercises perfor...	Coordination The organisation of different e...	Hydration The process of replacing fluids in ...
Intensity The amount of physical power that ...	Resistance The force exerted against an ob...	Core The muscles in the trunk of the body, i...
Explain why a co...	Compare and con...	Justify why 'core'...
What might happ...	If Max wants to i...	Analyse the diffe...