

Physical Activity Glossary

Agility	The ability to start and stop and change directions without losing balance (Example: when playing tag games, the child can avoid being tagged).
Aerobic activity	Any sustained exercise that stimulates and strengthens the heart and lungs, thereby improving the body's use of oxygen. (Examples: jogging, swimming, dancing, or cycling).
Balance	Ability to make continuous and accurate adjustments of the body: dynamic balance when moving and static balance when stationary (Example is the child able to walk on a line or balance on one foot).
Body Image	Ability to know body parts, a clear idea of what the body looks like, and knowing individual capabilities and limitations. (Example: when is a group can the child determine who is the tallest or shortest).
Coordination	The ability to use one's senses together with one's body parts, or to use two or more body parts together. (Example: Tossing and catching a ball).
Directionality	Ability to follow instructions and move in a variety of directions. (Example: up, down, and around).
Gross Motor Skills	Movements that involve using the large muscles of the body. (Example: locomotor skills and object control skills).
Kinesthetic awareness	Being aware of your body in space while moving or stationary. Muscle memory is a kinesthetic concept. Things that we do without thinking. (Example: walking).
Locomotor Skills	A locomotor skill is a physical action that propels an individual from one place to another. (Examples: run, jump, hop, leap, slide, and gallop).

Manipulative Skills	Skills that involve moving or using an object with the hands or feet. (Example: For gross motor skills the object might be tossing and catching a ball or beanbag).
Non-locomotor	Movement in which a body does not move from one place to another. (Examples include bend, twist, stretch, push, pull, turn, swing, sway, and rock).
Object control Skills	Skills that require the control of an object using a part of the body or using an implement. (Examples: throw, catch, kick, Roll, strike and dribble).
Pathways	A marked trail for children to follow using a variety of locomotor movements. (Example: zigzag movement, circular movement).
Pedagogy	The art or science of teaching; instructional methods. (Example: Teaching a concept through song, dance, poems, or movement).
Spatial Relation	Ability to perceive the position of objects in space as they relate to the position of the body (Example: avoiding objects by walking around them and not bumping into them).
Temporal Awareness	Time relationships (Example: sensing when it is morning afternoon or evening).
TGMD-2	Test of Gross motor Development, second edition. The test is a normative referenced test that measures 12 common gross motor skills. (Example: locomotor skills such as jumping, hopping, running, sliding, galloping, and leaping. object control skills such as kicking, throwing, catching, dribbling, rolling, and striking a stationary object).

Nutrition Glossary

Dietary Guidelines for Americans guidelines that provide evidence-based nutrition information and advice for people age 2 and older.

MyPlate: is the current nutrition guide published by the USDA Center for Nutrition Policy and Promotion. MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image – a place setting for a meal.

Macronutrient: a type of food (e.g., fat, protein, carbohydrate) required in large amounts in the human diet for the body to function properly.

Micronutrient: a chemical element or substance required in very small, trace amounts for normal human growth and development.

Carbohydrates: a substance such as sugar or starch that is made up of carbon, hydrogen and oxygen that provides the body with energy. Grains, dairy products, fruits and vegetables are foods that contain carbohydrates.

Refined Starches: Grains that have had the bran, hull and fiber removed from the grain during processing. Examples of foods that are refined starches include white flour, white bread, white pasta, white rice and cereals that contain little to no fiber.

Whole Grains: Grains that contain 100% of the original kernel – all of the bran, germ, and endosperm.

Added Sugars: Sugars and syrups that are added to foods or beverages when they are processed or prepared. This does not include naturally occurring sugars such as those in milk and fruits.

Protein: a nutrient found in food (as meat, milk, eggs, and beans) that is made up of many amino acids joined together, is a necessary part of the diet, and is essential for normal cell structure and function.

Lipids: any one of various substances that contain fat and that are important parts of living cells. Vegetable oils, butter and animal fats are sources of lipid in the diet.

Vitamins: any of a group of substances that are found naturally in many foods, are necessary for the body in small amounts (micronutrients) for good health and normal development and functioning. Vitamin names are often designated by a capital letter and sometimes a number.

Minerals: any of the inorganic elements that are essential to the functioning of the human body and are obtained from foods. Examples are calcium, iron, magnesium, potassium, and sodium.

Nutrient dense: a term referring to foods that are relatively rich in nutrients for the number of calories they contain.

