Callie

Health 7th

1. Physical examination- a series of tests and observations to measure a person’s health status

2. prevention- the effort to keep something from happening or becoming worse

3. Dental plaque- an, invisible, sticky film composed of bacteria, food, and saliva that forms on teeth and contributes tooth decay

4. orthodontist- a dentist who specializes in straitening teeth

5. myopia- a vision problem in which distant objects appear blurred and close objects are seen clearly ; also called nearsightedness

6. hyperopia- a vision problem in which close objects appear blurred and distant objects are seen clearly; also called farsightedness

7. astigmatism- a condition in which the irregular shape of the cornea causes blurred vision

8. ophthalmologist- a physician who specializes in the care and treatment of the eye

9. optometrist- a health care professional who tests vision and prescribes corrective lenses

10. audiologist- a health care professional who tests hearing ability and helps correct hearing loss

11. grooming- keeping your hair brushed, showering regularly, and wearing deodorant.

12. advertisement- an announcement designed to persuade people to buy products and services, also known as an ad

13. consumer- a person who buys/or uses products and services

14. endorsement- a public statement of support, usually from a well-known person

15. infomercial-television program designed to advertise a particular product or service

16. UV rays-an invisible form of radiation from the sun that can cause sunburn and increases the risk of skin cancer

17. acne- zits and pimples

18. dandruff- dead skin from your scalp that gets in your hair and everything else.

19. Head lice- insects that live on the scalp and cause intense inching

20. Physical activity- any body movement that requires energy

21. exercise- planned physical activity intended to develop or maintain physical fitness

22. Physical fitness- the condition of the body that results from regular physical activity

23. Muscular strength- the ability of muscles to lift, pull, push, kick, and throw with force

24. Muscular endurance- the ability to use muscles for an extended period of time

25. Cardiorespiratory endurance- the ability of the of respiratory and circulatory systems to supply oxygen and nutrients to the body during continuous physical activity

26. flexibility- the ability to bend and move the body’s joints through a full range of movement

27. Aerobic exercise- a type of exercise in which oxygen is continuously taken in for a period of at least 20 minutes

28. Anaerobic exercise- a type of intense exercise in which the muscles temporarily use up the body’s supply of oxygen, causing the body to rely on other forms of energy

29. agility- the ability to move quickly and easily

30. balance- the ability to keep from falling

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

32. Reaction time- the time it takes a person to respond to something noticed by senses

34. power- a combination of strength and speed

35. repetition-a combination of strength and speed

36. Static stretching- an exercise that involves stretching a muscle until it pulls and then holding the stretch for 15 to 30 seconds

37. Target heart rate- a heart rate of 75 percent of a person’s maximum heart rate

38. Warm-up- a period of easy physical activity that prepares the muscles for moderate to vigorous activity

39. Cool-down- a period of reduced physical activity after a workout

40. sportsmanship- being respectful and following rules while participating in or watching sports

41. Anabolic steroids- drugs that are used to increase muscle size and strength

42. conditioning- training the body to become physically fit through exercise, good nutrition, and rest

43. Overtraining- pushing the body hard enough during exercise that you risk injury or illness

44. dehydration- when your body doesn’t have enough liquid in it.

45. sprain- an injury to a joint or ligament usually caused by twisting or stretching it beyond its normal range of motion

46. fracture- a break or crack in the bone

47. Shin splint- an injury to the muscles along the front of the lower leg that causes pain and swelling

48. referee- an official who enforces rules at a sports event

49. spectator- a person who watches a sports event