

## Practical Living Vocabulary

### Health

**abstinence**- refusing to participate in unsafe behaviors or activities

**addiction**-a strong desire to do something even though it is harmful (example: smoking, drinking alcohol, using harmful drugs such as cocaine, crack, marijuana, etc.); a physical or psychological need for a drug or other substance

**adolescence**-the state or process of growing up; also, the period of life from puberty to maturity; the period from about age 12 -19

**aerobic exercise**-exercise that uses a lot of oxygen for a long period of time (example: run a mile or two without stopping)

**aggressive**- acting in a forceful, threatening, or disrespectful manner

**agility**-the ability to move and change directions

**alcohol**-a depressant drug found in some beverages

**alcoholism**-an incurable disease in which a person becomes physically and psychologically dependant on the substance of alcohol

**alternatives**- other ways of thinking or acting

**anaerobic exercise**-exercise that is done for a short time and uses a lot of oxygen (example: run full speed for 100 yards or more)

**anxiety**- a disorder in which real or imagined fears keep a person from functioning normally

**artery**-a blood vessel that carries blood away from the heart

**assertive**- having the determination to stand up for yourself in a firm but positive way

**biodegradable wastes**- wastes that can be broken down in the environment

**blood pressure**-the force of blood against the artery walls and veins

**body composition**- the proportions of fat, bones, muscle, and fluid that make up body weight

**Bulimia nervosa**- an eating disorder in which a person repeatedly eats large amounts of food and then purges

**cardiovascular endurance (heart-lung)**-the ability to stay active without getting tired. You can run, swim, walk or bike without becoming tired. Running a mile or more without stopping.

**cell**-the smallest living part of the body

**changes occurring during adolescence-**

- physical
- social
- emotional

**cholesterol**- a waxy, fat-like substance used by the body to build cells and make other substances

**communicable diseases**- a disease that can be passed from one person to another

**communication**- the exchange of thoughts, feelings, and beliefs among people

**conflict**- a disagreement between people with opposing viewpoints

**consequences**- the effects of results of actions

**consumption**- consuming; using up; use

**cooperation**- working together; united effort or labor

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

**decrease**- make or become less; lessen

**deodorant**- a grooming product used under the arms to control body odor

**dependence**- a state in which a person becomes incapable of controlling drug use

**depressants**-a drug that slows down body functions (example: liquor, beer, wine, and all drinks with alcohol)

**depression**- a mood disorder involving feelings of hopelessness, helplessness, guilt, worthlessness, and extreme sadness that continue for periods of weeks or longer

**eating disorders**- an extreme eating behavior that can lead to serious illness or even death

**emotional health**-the condition of the mind and the ways that a person expresses feelings

**etiquette**- the body of rules governing the way in which people behave socially or in public life

**family**- the basic unit of society

**first-aid**- the immediate care given in an accident or sudden illness before professional medical help arrives

**fit principle for fitness and conditioning**-

- frequency
- intensity
- time/duration

**flexibility**-the ability to bend and move your body easily; You can move your arms and legs in many directions; the ability to use a muscle throughout its entire range of motion

**food group**-foods that contain the same nutrients

**food guide pyramid**-a guide that shows how many servings are needed from each food group each day

**grooming**-taking care of your body and having neat and clean appearance

**hazard**- a potential source of danger

**health fitness**-having the heart, lungs, muscles, and joints in top condition

**heart rate**-the number of times your heart beats in one minute

**hygiene**-conditions or practices of cleanliness

**Heimlich maneuver**- a technique that uses abdominal thrusts to dislodge an object blocking a person's airway

**mediation**- a process in which a third person helps people in conflict reach a solution

**muscular endurance**-the ability to use the same muscles for a long period of time (example: running a mile or two without stopping)

**muscular strength**-the amount of force your muscles can produce. Strong muscles help you lift, push, kick or pull objects. (example: push-ups, pull-ups, and sit-ups)

**narcotic**-a drug that slows down the nervous systems and relieves pain

- Example:
- morphine**-used to control pain
  - codeine narcotic**- painkiller made from morphine
  - heroin illegal**-narcotic made from morphine

**noncommunicable diseases**- a disease, such as asthma and cancer, that cannot be spread from one person to another

**nutrients**-substances in food that your body uses

1. **proteins**-used for growth and repair of cells and to supply energy
2. **carbohydrates**-are the most useful supply of energy for your body
3. **fats**-your body uses for energy and to help store some vitamins
4. **vitamins**-help regulate body processes and fight disease
5. **minerals**-help regulate body processes and build new cells
6. **water**-helps with digestion, makes up most of your blood, helps remove waste products and regulates body temperature

**overindulgence/excessive**-too much; going beyond what is necessary or right

**physical fitness**-having your body in top condition; the ability of the heart, blood vessels, lungs, and muscles to work together to meet the body's needs

**posture**-the way you hold your body as you sit, stand, and move

**preadolescence**-the period of human development just preceding adolescence

**prevention**- taking steps to make sure that something unhealthy does not happen

**promotes**- helps to develop or establish; cause to advance; further

**refusal skills**- ways to say no effectively

**respect**- high regard; honor; esteem; show respect

**responsibility**- the ability to make choices and to accept the results of those choices

**risks behavior**- behavior that increases chances of a harmful outcome

**rules**- statements of what to do and not to do; principles governing conduct

**shock**-a condition in which an individual's circulation and breathing progressively slow down

**stimulants**-drugs that speed up body functions.

- Example:
- caffeine**-found in chocolate, coffee, tea, and some soda pop
  - nicotine**-found in tobacco
  - cocaine and crack**-made from coca bush leaves

**strategies**- the skillful planning and management of anything

**symptoms**- changes in a body function or behavior from the usual pattern

**transmission**- passing on; passing along

**vegetarian** – person who eats vegetable foods and abstains from meat, fish, or other animal products

**vein**-a blood vessel that carries blood to the heart

**violence**- the use of physical force to injure, damage, or destroy oneself, others, or property

**wellness**- a concept of health that includes physical health, mental health, and social health.

### **Body Systems**

**circulatory system**-body system that transports oxygen, food, and waste through the body

1. **heart**
2. **veins**
3. **arteries**

**digestive system**- system that breaks down food so that it can be used by the body. Your body needs food to help it work.

1. **esophagus**- tube that carries food to the stomach
2. **stomach**- breaks food down to be used for energy
3. **small** intestines
4. **large** intestines

**muscular system**-system that helps you move and maintain posture. Muscles help move your body parts. (example: arms, hands, legs, feet, neck, and head)

**nervous system**-system for communication and control; network of cells. Cells send and receive messages to and from your brain and spinal cord to all parts of your body.

1. **brain**
2. **spinal cord**
3. **nerves**

**reproductive system**-

**respiratory system**-system that helps the body use the air you breathe

1. **trachea**-windpipe
2. **bronchi**-tubes going to each lung
3. **lungs**-air goes to lungs

**skeletal system**-system of your bones that help protect and support your frame. There are over 200 bones in the body.

## **Physical Education**

**abilities**- qualities or condition of being able; power to perform or accomplish; capacity

**accuracy**- precise correctness; exactness

**aerobic exercise**-exercise that uses a lot of oxygen for a long period of time (example: run a mile or two without stopping)

**agility**-the ability to move and change directions

**anaerobic exercise**-exercise that is done for a short time and uses a lot of oxygen (example: run full speed for 100 yards or more)

**balance**-the ability to keep from falling

**behavior**- manner of conducting oneself

**body composition**-the amount of fat tissue and lean tissue in your body

**cardiovascular endurance**-the ability to stay active without getting tired

**competitive**- having or based on competition; decided by competition

**confidence**- firm belief in oneself and one's abilities; self-confidence

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

**defensive**- ready to defend;

**emotional/mental benefits**- improved confidence, increased self-esteem, stress reduction, self-expression

**fit principles of fitness training and conditioning**-

- **frequency**
- **intensity**
- **time**

**flexibility**-the ability to bend and move your body easily

**isokinetic exercise**-exercise that makes use of weight-training machines to move muscles at a constant rate of speed throughout their full range of movement

**isometric exercise**- exercise in which a muscle contracts but does not shorten; this type of exercise increases strength but only at the joint angle at which the exercise is performed

**isotonic exercise**-the contraction and relaxation of muscles through their full range of motion; this type of exercise develops muscle strength

**leisure**- time free from required work in which you may rest, amuse yourself and do the things you like to do

**locomotor movement**-body is moving through space (i.e. galloping, jumping, running, sliding, hopping, leaping, skipping, walking)

**logical**- reasonably expected; reasoning correctly

**manipulative skills**-

**discovery**-a variety of ways to move objects (i.e. with hands, feet, elbow, head)

**develop**-throwing, catching, kicking, and striking skills; dribbling and hitting skills

**concept of sportsmanship**-lifetime activities; rules fair play; one's personal response in regard to playing games and activities makes activities more fun and safe to play

**muscular endurance**-the ability of a muscle or group of muscles to apply force over a period of time

**muscular strength**-the ability of a muscle to exert or to resist a force

**nonlocomotor movement**-stationary; body does not move from place to place (i.e. balancing, reaching, stretching, swaying, swinging, turning, twisting)

**nonverbal**- without words

**offensive**- used for attack

**participants**- person who shares or participates

**physical benefits**- increased energy, improved strength, fitness, improved control of body movements

**physical fitness**-the ability of the heart, blood vessels, lungs, and muscles to work together to meet the body's needs

**power**-the ability to combine strength and speed

**reaction time**-the length of time it takes to move after a signal

**recreational**-used for recreation

**reduction**- amount by which a thing is made smaller

**self-esteem**- confidence in yourself

**sequential**- forming a sequence or connected series

**skills**- ability gained by practice

**social benefits**-self-esteem, friendship, self-expression

**spectators**- person who looks on without taking part; onlooker

**speed**-the ability to move quickly

**techniques**- technical skill; method or ability of performance, execution,

**transitional**- of change from one or more or less fixed condition to another

**verbal**- expressed in spoken words; oral

**warm-up**-a 5 to 10 minute period during which you prepare your body for vigorous exercise

### **Consumerism**

**advertisement**-a public notice published or broadcast ; a message designed to get consumers to buy a product or service

**agencies**-

**private-**

**public-**

**voluntary-**

**nonprofit-**

**budget**-to provide funds for in a budget

**community**-people living in an area, or the area itself

**comparison**- act or process of comparing; finding the likenesses and differences

**consumer**-one that buys and uses economic goods and services

**consumer goods**-goods that directly satisfy human wants

**environment**-the surrounding conditions or forces that influence or modify; all the living and nonliving things that surround you

**financial**- of or having to do with money matters

**gimmicks**- a hidden or tricky condition in a plan

**impulse shopping**-a sudden spontaneous arousing of the mind and spirit to purchase something

**income**-a gain measured in money that derives from capital or labor

**long-term goals**- goals that take a long time to reach—months or even years

**media**-the various methods for communicating information

**natural resources**-a material that is supplied by nature

**needs**-something that you have to have in order to live(air, food, water, shelter, sleep, clothing)

**pollution**-the act of polluting or to contaminate

**product**-something produced

**recycle**-change an item in some way so that it can be used again

**reduce**-cut down on the amount of trash and garbage you throw away

**resources**-a source of information or expertise that you can use to help meet your goals

**reuse**-find a practical use for an item that you might otherwise throw away

**recycling**-the process of reforming or breaking down waste products so that they can be used again

**savings**-money saved over a period of time

**services**-work that is provided by people

**short-term goals**-goals that can be reached more quickly, perhaps in a few days or weeks

**status**-social or professional standing; position; rank;

**strategies**-the skillful planning and management of anything

**unit price**-the cost per ounce of a product

**wants**-things that you would like to have but that are not necessary for survival

### **Vocational Studies**

**abilities**-What you're good at. If you have an aptitude for something, you'll be better at it. The more you practice, the easier things become.

**application**-summary of your educational background, job experiences, and qualifications created by the EMPLOYER and completed by YOU

**apprenticeship**-on the job training

**aptitude**-inherent or natural ability to do something

**associates degree**-two years beyond high school

**bachelor degree**-four years beyond high school

**benefits**-money paid by an insurance company, or a public agency at death or when one is sick, retired, or unemployed

**body language**-communicating with actions or appearance rather than words; i.e. arms crossed, tapping your fingers/feet, leaning forward, putting your head down, and staring at your feet

**career**-a series of related jobs that compose your job history; for example, you start out as an intern, then you get promotions or advances or specialize

**career assessment survey**-interest survey determining your likes

**careers differ to match your interests, aptitudes and goals**-salary, benefits, demands of the job, work environment

**communication skills**-reading, writing, e-mailing, appropriate tone of voice, correct grammar, eye contact, body language are important at work

**consumers**-anyone who uses goods and services within an economic system

**cover letter**-letter of application which accompanies a resume when applying for a job

**economic system**-the way a society organizes the production and consumption of its goods and services

**employee**-anyone who has a paying job with an employer

**employer**-anyone who runs a business and hires other people to help

**employment**-the act of engaging a person for work

**facial expressions**-rolling eyes, glaring, frowning, smiling, crossed eyes, blank stare, eye contact

**flex-time**-coming to work when it is best for you rather than working a standard 9-5 schedule

**free enterprise**-any economic system in which individuals may choose how they want to earn and spend their money and how they want to be producers and consumers

**future**-expectation of advancement or development

**global economy**-the worldwide system of producing, trading, and using goods and services

**goals**-aim; the end toward which effort is directed

**homemaker**-any man or woman who manages his or her own household

**identity**-your sense of who you are---a sense of the unique set of characteristics that make you special as well as those characteristics you share with others

**income**-the money a person receives for the work he or she performs

**individual and team skills contribute to successful task completion**-identifying goals, use listening skills, follow directions, communicate orally, successful task completion, communicate in writing, as appropriate (fact finding) questions about tasks, use problem solving skills

**interests**-what you like to do; if your job involves what you like to do, you will like your job more and do it better

**interview skills**-nonverbal communication, verbal skills, friendly greeting, show enthusiasm, respond positively and honestly, plan questions to ask, listen carefully, and thank the interviewer

**job**-a set of tasks or responsibilities for which you usually earn money

**job fair**-employers gather together and will explain about what jobs they have available

**job shadowing**-take your son/daughter to work day, groundhog day

**job sharing**-what results when an employer agrees that two employees can split the hours and pay of one job

**math skills**-adding, subtracting, multiplying, dividing, making change, estimating, measuring, telling time are important to careers

**military service**-on the job training, money for college, college degree from West Point, Annapolis, Colorado Springs

**money**-neither a want or a need; used to buy wants and needs

**needs**-food, clothing, shelter, people work to get these things

**new careers emerge and others are deleted due to needs in society**-nursing home, day care, technology, computers, Internet, flex time

**nonverbal communication**-body language, facial expressions, posture, dress, eye contact, show enthusiasm

**occupation**-one's business or vocation

**options**-choices; EVERYONE HAS CAREER OPTIONS

**personal satisfaction**-self-worth, people work for the pleasure of doing something; volunteer work, for example

**producers**-anyone who provides goods and services within an economic system

**resources that influence jobs**-coal mines, farmland, rivers, beach (lifeguard), hydroelectric plants, glass manufacturing

**resources to find a job**-Internet, Occupational Outlook Handbook, newspaper, magazines, counselors

**resume**-summary of your past education background, job experiences, and qualifications created by YOU

**salary**-money paid regularly by year or month for work or services; wage

**science/research skills**-define the problem, find multiple answers, test solutions, choose the best are important to your career

**skill**-a developed or acquired ability

**socializing**-the way you get to know other people, for example, by meeting new people or by talking with people you already know; this leads to networking which is a method of finding a job

**strategy**-approach, method, procedure for accomplishing a goal

**success**-a degree or measure of succeeding

**tangible**-something that you can feel or touch; it has shape and size; an object; in economics it can be purchased

**technical/vocational school**-ITT Tech, RETS

**technology impacts the workplace**-keyboarding, word processing, spreadsheets, databases (using and creating), Internet, trouble shooting

**wants**-entertainment, hobbies, and brand-name items; people work to get these things

**work**-labor

**work ethics**-positive attitude, communications skills, punctuality, initiative, being motivated to go beyond the call of duty

**work habits**-cooperation, respect, time management, take responsibility for yourself and others

**work provides goods**-manufacturing, construction, assembly lines, clothing manufacturing, farming

**work provides services**-restaurants, transportation, retail, hotels, schools, fire department, health care, legal work