

# Glossary of Terms for the *Kentucky Academic Standards (KAS) for Physical Education*

*This glossary contains terms found in the Kentucky Academic Standards (KAS) for Physical Education. This document provides an alphabetical list of definitions and descriptions of these terms. The purpose of this resource is to provide clarity with terms essential to understanding the content and skills in the standards. It is not intended to be used by students for memorization. Some terms may include examples and/or additional support for educators. These additions to the definitions intend to provide support and a bridge to understanding rather than represent the sole examples or ideas related to the concept.*

**Physical Education Domains:** The physical education domains include motor skills and movement patterns, cognitive understanding, fitness and physical activity, personal and social responsibility and value of physical activity. Each domain is defined below:

- **Motor Skills and Movement Patterns:** The development of fundamental locomotor, non-locomotor and manipulative skills, as well as specialized movement competence in various physical activities, sports and games.
- **Cognitive Understanding:** Knowledge of concepts, principles, strategies and tactics related to movement and performance, including fitness principles, game rules and biomechanics.
- **Fitness and Physical Activity:** Engagement in health-enhancing physical activity to improve cardiorespiratory endurance, muscular strength, flexibility and body composition, while understanding the benefits of lifelong fitness.
- **Personal and Social Responsibility:** The development of respect, collaboration, ethical behavior, self-management and leadership skills in physical activity settings, fostering positive social interactions and responsible decision-making.
- **Value of Physical Activity:** Appreciation for the mental, emotional, social and physical benefits of an active lifestyle, leading to intrinsic motivation and sustained participation.

**Basic Swimming Skills:** Basic swimming skills may include water entry and exit, breath control, breath submersion, buoyancy, floating, basic propulsion through arm and leg movements, treading water, rolling and recovery, rhythmic breathing, safe diving (when appropriate) and general water safety awareness.

**Composition:** The creative process of designing, arranging and performing movement sequences by combining fundamental motor skills, rhythmic elements and expressive techniques. This concept is often applied in dance, gymnastics and other movement-based activities to foster artistic expression, problem-solving and kinesthetic understanding.

**Dynamic Stretching:** A form of stretching beneficial in sports using momentum from form and the momentum from static-active stretching strength, to propel the muscle into an extended range of motion not exceeding one's static-passive stretching ability.

**Exercise:** Physical activity that you do to make your body strong and healthy.

**Force:** The effort or tension generated in movement.

**Frequency, Intensity, Time, Type (FITT):** Acronym that stands for frequency, intensity, time and type, which are variables that are manipulated to create an overload.

**Health Related Fitness:** Exercise and activities performed to try to improve physical health.

**Health-Related Fitness Component:** Components that enhance fitness which include cardiovascular/respiratory endurance, muscular endurance, muscular strength, flexibility and body composition.

**Lifetime Sports and Activities:** Activities that are suitable for participation across the lifespan and that one can undertake alone or with a partner as opposed to a team.

**Locomotor:** Activities requiring movement of the body but not manipulation of an object.

**Manipulative Skills:** Skills that require controlling or manipulating objects, such as kicking, striking, throwing, catching and dribbling.

**Mobility:** The ability to move freely, efficiently, and with control through a full range of motion during physical activity. It encompasses joint flexibility, muscular elasticity and functional movement patterns that support lifelong physical fitness, injury prevention and overall well-being.

**Motion:** The act or process of changing position or place through physical movement. It encompasses the fundamental principles of body mechanics, spatial awareness and movement efficiency that underlie all physical activities.

**Non-Locomotor:** Activities that require stability, but less movement.

**Overload:** The idea that to improve physical fitness, one needs to do more physical activity than one normally does.

**Outdoor Activities:** Broad, recreational physical activities performed in natural environments (e.g., hiking, cycling, kayaking) that emphasize participation, enjoyment and connection to nature.

**Outdoor Pursuits:** A specialized subset of outdoor activities requiring technical skills, risk management and progressive mastery (e.g., rock climbing, whitewater paddling, backcountry skiing).

**Physical Activity:** Any movement of the body that requires energy expenditure.

**Progression:** Idea that the amount and intensity of physical activity needs to be increased gradually.

**Rate of Perceived Exertion Scale (RPE Scale):** Measure of how hard your body works during physical activity.

**Recreational & Backyard Games:** Structured or semi-structured physical activities primarily designed for leisure, social interaction and moderate physical exertion. These are inclusive, low-barrier activities (e.g., kickball, pickleball, frisbee) that foster joy, teamwork and voluntary participation with minimal setup and adaptations for varied skill levels.

**Rotation:** The controlled turning or pivoting movement of the body or its segments around an axis, a fundamental biomechanical concept essential for developing motor competence and physical literacy. It is a movement principle applied across skills such as throwing, striking, gymnastics, dance and functional fitness.

**Skill-related fitness:** Consists of those components of fitness that have a relationship with enhanced performance in athletic activities. This includes agility, balance, reaction time, coordination, speed and power.

**Specificity:** The idea that specific types of exercise improve specific muscles or specific types of fitness.

**Static Stretching:** Used to stretch muscles while the body is at rest.