



## NFLA Performance Standards Working Definitions

As new specialty standards are developed, new working definitions will be added to this list.

<b>Active Listening:</b>	A communication skill involving the use of open-ended and closed questions, restating, paraphrasing, reflection of meaning and feeling, and summarizing.
<b>Active Living:</b>	A way of life in which individuals make meaningful and satisfying physical activities an integral part of daily living.
<b>Active Stretching:</b>	The muscles are stretched by the contraction of the opposing muscles.
<b>Acute:</b>	Reactions that occur immediately.
<b>Adult Learning:</b>	Refers both to the process which individuals go through as they attempt to change or enrich their knowledge, values, skills, or strategies, and to the resulting knowledge, values, skills, strategies, and behaviours possessed by each individual.
<b>Alignment:</b>	Safe posture for a given activity.
<b>ATP:</b>	Adenosine Triphosphate. A high-energy phosphate molecule required to provide energy for cellular function and chemical fuel for muscle contractions.
<b>Beat:</b>	Regular pulsations that have an even rhythm.
<b>Body Composition:</b>	Refers to the fat and non-fat components of the human body.
<b>Borg's Rating of Perceived Exertion:</b>	A perception scale to monitor or interpret the intensity of exercise.
<b>BMI:</b>	Body Mass Index. Ratio of weight to height (Body Weight [kg] / Height [m <sup>2</sup> ]), used to determine thinness/fatness and the relative risk for disease.
<b>BMR:</b>	Basal Metabolic Rate. The minimum energy expenditure required to sustain life at a resting state.
<b>Calorie:</b>	1 calorie = the amount of heat required to raise the temperature of 1 g of water 1 degree C (1000 calories = 1 kilocalorie). Used to measure the energy value of food and the cost of physical activity.
<b>Cardiac Output:</b>	The amount of blood circulated by the heart each minute; cardiac output = heart rate x stroke volume. (Q= HR x SV)
<b>Chronic:</b>	Reactions that occur over a period of time.
<b>Circuit Training:</b>	A muscular conditioning or cardiovascular training method involving a series of exercise stations, movement patterns, pieces of exercise equipment, or muscle groups.
<b>Class Design:</b>	Warm-up, workout (cardiovascular, muscular conditioning), final cool-down.
<b>Classic Choreography:</b>	A structured form of movement patterns to music. Precise movement combinations are performed to the specific phrases of the music. When the musical phrase repeats itself, so does the movement pattern that has been choreographed for it.
<b>Closed Question:</b>	Question that requires a yes or no answer.

<b>Components of Fitness:</b>	Cardiovascular, muscular strength, muscular endurance, flexibility, body composition.
<b>Conduction:</b>	Transfer of heat or cold through molecular contact. Movement of an electrical pulse such as through a neuron.
<b>Contract-Relax:</b>	A technique where the muscle is isometrically contracted before it is stretched. Involves altering the outputs from both the muscles (e.g. spindles) and joint (e.g. golgi tendon organs) receptors which influence the resultant range of motion about a joint (e.g. PNF)
<b>Convection:</b>	The transfer of heat or cold via the movement of a gas or liquid across an object, such as the body.
<b>Decibels:</b>	The loudness or intensity of sound. Scale (in decibels) for common sounds in everyday life:  140 - Threshold of feeling 120 - Sound causing discomfort 100 - High speed train 80 - Heavy road traffic 60 - Normal conversation 40 - Quiet conversation 20 - Whispered conversation 0 - Auditory threshold (0.0002 dyne/cm)
<b>D.R.I.L.L.:</b>	Direction, Rhythm, Intensity, Lever, Locomotion. A technique for making changes to exercise movements.
<b>Dynamic Stretching:</b>	The muscles surrounding a joint are stretched by the force(s) generated as a body part is repeatedly moved.
<b>Evaporation:</b>	Heat loss through conversion of water to vapour (e.g. perspiration).
<b>Exercise:</b>	A form of physical activity that is planned, structured, and repetitive. Its main objective is to improve or maintain physical fitness.
<b>F.I.T.T.:</b>	Frequency, Intensity, Time, Type.
<b>Flexibility:</b>	The ability of a joint(s) to move through a full range of motion.
<b>Free Style:</b>	Unstructured, non-choreographed exercise movements.
<b>Functional Fitness:</b>	Possessing physical abilities to conduct day-to-day activities with ease. Exercise strategies which carry over (transfer) to day-to-day activities.
<b>Golgi Tendon Organs:</b>	A sensory organ within a tendon which, when stimulated, causes an inhibition of the entire muscle group.
<b>Health-Related Fitness:</b>	Comprises those components of fitness that exhibit a relationship with health status.
<b>Heart Rate Maximum:</b>	Maximum number of times the heart beats per minute estimated using 220 – age.
<b>Holism (Holistic):</b>	Holism is a concept that takes into account an individual's body, mind and spirit.
<b>Informed Consent:</b>	Ensuring a client/participant is fully aware of all implications prior to undertaking the activity. This means they have read the consent form and have had all of their questions answered to their level of comfort.

<b>Karvonen:</b>	The calculation of training heart rate (THR) by adding a given percentage of maximum heart rate reserve to the resting heart rate: <ol style="list-style-type: none"> <li>1. Maximum Heart Rate (MHR) = 220-age;</li> <li>2. Heart Rate Reserve (HRR) = MHR - Resting Heart Rate(RHR);</li> <li>3. For training range, use 50% to 85% of HRR;</li> <li>4. THR = RHR + % of HRR.</li> </ol>
<b>Kilojoule:</b>	A measure of energy (4.2 kilojoules = 1 kilocalorie).
<b>Learner/Participant-Centred:</b>	Focused on the needs and concerns of the individual.
<b>Liability:</b>	Legal responsibility.
<b>Linking/Add On:</b>	A choreography technique that requires a part-to-whole teaching technique. It involves teaching a simple movement of combination A, then you teach a simple movement of combination B, then add them together to create the whole. Additional combinations can be linked similarly to create a pattern.
<b>Musical Phrase:</b>	A group of notes forming a distinct unit within a larger piece.
<b>Musical Tempo:</b>	The rate of speed at which music is played. Fitness Leaders often determine the tempo of music by counting the beats per minute.
<b>Non-Verbal Communication:</b>	Physical communication through body language.
<b>Open-ended Question:</b>	A question that requires one or more sentences to answer it.
<b>Osteoporosis:</b>	Decreased bone mineral content that causes increased bone porosity.
<b>PAR-Q:</b>	Physical Activity Readiness Questionnaire. A self-administered pre-screening tool for beginning any exercise program.
<b>Passive Stretching:</b>	The muscles surrounding a joint are stretched by an external force.
<b>Physical Activity:</b>	All leisure and non-leisure body movement produced by the skeletal muscles and resulting in a substantial increase in resting energy expenditure.
<b>Radiation:</b>	The transfer of heat through electromagnetic waves.
<b>S.A.I.D.:</b>	Specific Adaptation to Imposed Demands. Conditioning effects are specific to the type of training performed.
<b>Static Stretching:</b>	The muscles surrounding a joint are slowly and gently stretched and then held in this position for longer than 10 seconds.
<b>Steady State:</b>	Oxygen supply equals oxygen demand required for energy needs during sub-maximal work.
<b>Stretching:</b>	A technique used to move a joint and the surrounding muscles through and beyond their accustomed range of motion.

## Resources

*Exercise Physiology (Energy, Nutrition, and Human Performance)*. Frank Katch, Victor Katch, William McArdle, Williams and Wilkins, Maryland, USA, current edition.

*The Canadian Physical Activity, Fitness and Lifestyle Appraisal (CPAFLA)*. Canadian Society for Exercise Physiology (CSEP), Ottawa, Ontario, current edition.

*Canada's Physical Activity Guide to Healthy Active Living, Canada's Physical Activity Guide to Healthy Active Living for Older Adults, Canada's Food Guide to Healthy Eating*. Health Canada, Fitness and Active Living Unit, Ottawa, Ontario, current editions.

*PAR-Q & You, PARmed-X for Pregnancy, PARmed-X*. Canadian Society for Exercise Physiology (CSEP), Ottawa, Ontario, current editions.