

Glossary:

- *Aerobics* – (with oxygen) Continuous activity that puts an increased demand for oxygen on the heart, lungs, and body systems.
- *Anaerobics* – When a muscle exceeds its capacity to produce energy aerobically.
- *Borg Scale of Perceived Exertion* – ('talk test') A measurement used to determine how hard one is working during exercise activities. It is calculated on a scale 1-5 with 1 being the easiest and 5 being the hardest level. At 1, the individual is able to talk easily without any hesitation or labored breathing. At level 5, the individual is unable to speak clearly while doing the activity with very labored breathing.
- *Calisthenics* – A type of exercise performed using body weight such as push ups and abdominal crunches.
- *Cardiovascular* – Referring to the functioning of the heart and lung system together.
- *Fitness* – The body's ability to perform physical activity without distress or injury.
- *Fitness Assessments* – Assessments used to determine an individual's baseline fitness capabilities based on absolute power, dynamic strength, cardiovascular fitness, and flexibility.
- *F.I.T. Principle* – Frequency, Intensity, and Time (duration) of activities
- *Flexibility* – The range of motion through which the limbs are able to move.
- *Mental Fitness* – Preparation of the mind for the obstacles, frustrations, and challenges of the fire environment.
- *Muscle Endurance* – Measured by the muscle's ability to lift a load repetitively.
- *Muscle Strength* – The maximal weight that can be lifted by a specific muscle group.
- *Overtraining* – When an exercise activity (s) is overdone resulting in physical and mental exhaustion.
- *Overuse Injury* – Injury (s) that is a direct result of overdoing specific exercises.
- *Perceived Exertion* – A method of gauging exercise intensity.
- *Plyometrics* – Activities that include jumping, hopping, and skipping to increase agility and speed.
- *R.I.C.E.* – First aid treatment for common injuries = Rest, Ice, Compression, Elevate.
- *Target Heart Rate (THR)* – A calculation used to determine an individual's preferred heart rate range to be accomplished during exercise for the most benefits.
- *Visualization* – A process used by elite athletes to visualize themselves doing the perfect athletic endeavor. It is performed by closing the eyes, relaxing, and visually seeing oneself perform an activity to perfection using all the senses.
- *Work Capacity* – Ability to accomplish production goals without undue fatigue, and without becoming a hazard to oneself or coworkers.
- *Work Capacity Test* – The fitness test utilized by wildland fire agencies to determine the fitness level of personnel supporting wildland fires.
- *Work Hardening* – A gradual progression of work-specific activities designed to bring you to the job ready to deliver a good day's work.