



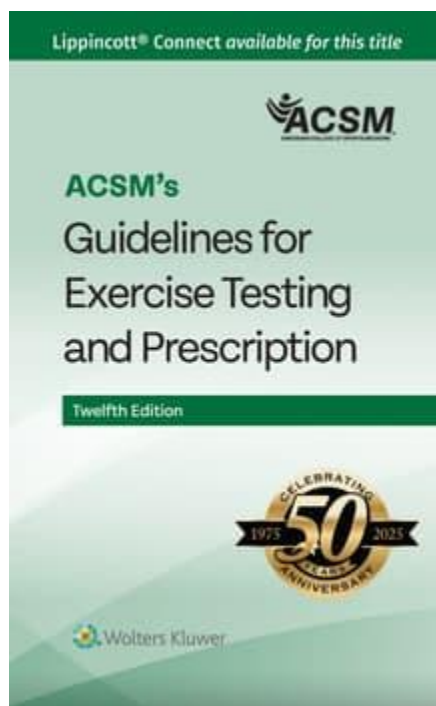
CAPÍTULO 1:

BENEFICIOS Y RIESGOS ASOCIADOS CON LA ACTIVIDAD FÍSICA

(<http://www.saludmed.com/C1-Bene-Riesg-Actv-Fis/C1-Bene-Riesg-Actv-Fis.html>)

(<http://www.saludmed.com/C1-Bene-Riesg-Actv-Fis/C1-Bene-Riesg-Actv-Fis.pdf>)

**Ozemek, C., & American College of Sports Medicine (Eds.). (2026).
Guidelines for exercise testing and prescription (12ma ed.)
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TÉRMINOS Y ABREVIACIONES

1. Actividad Física (AF) o Physical Activity (PA).
2. Ejercicio (Ejer) o Exercise (Ex).
3. Prescripción de Ejercicio (RxEjer) o Exercise Prescription (Ex Rx)
4. Aptitud Física o Physical Fitness
5. Componentes de la Aptitud Física relacionados con la Salud o Health-related Components of Physical Fitness
6. Tolerancia Cardiorrespiratoria o Cardiorespiratory Endurance: “the ability of the circulatory and respiratory system to supply oxygen during sustained physical activity” (Ozemek & American College of Sports Medicine [ACSM], 2026, p. 2). (Corbin et al., 1980)



7. Composición Corporal o Body Composition: "the relative amounts of muscle, fat, bone, and other vital parts of the body" (Ozemek & ACSM, 2026, p. 2). (Corbin et al., 1980)
8. Fortaleza Muscular o Muscle Strength: "the ability of muscle to exert force" (Ozemek & ACSM, 2026, p. 2). (Corbin et al., 1980)
9. Tolerancia Muscular o Muscle Endurance: "the ability of muscle to continue to perform without fatigue" (Ozemek & ACSM, 2026, p. 2). (Corbin et al., 1980)
10. Flexibilidad o Flexibility: "the range of motion available at a joint" (Ozemek & ACSM, 2026, p. 2). (Corbin et al., 1980)
11. Componentes de la Aptitud Física relacionados con Destrezas o Skill-related Componentes of Physical Activity
12. Agilidad o Agility: "the ability to change the position of the body in space with speed and accuracy" (Ozemek & ACSM, 2026, p. 2). (Corbin et al., 1980)
13. Coordinación o Coordination: "the ability to use the senses, such as sight and hearing, together with body parts in performing tasks smoothly and accurately" (Ozemek & ACSM, 2026, p. 2). (Corbin et al., 1980)
14. Balance o Balance: "the maintenance of equilibrium while stationary or moving" (Ozemek & ACSM, 2026, p. 2). (Corbin et al., 1980)
15. Potencia o Power: "the ability or rate at which one can perform work" (Ozemek & ACSM, 2026, p. 2). (Corbin et al., 1980)
16. Reacción al Tiempo o Reaction Time: "the time elapsed between stimulation and the beginning of the reaction to it" (Ozemek & ACSM, 2026, p. 2). (Corbin et al., 1980)
17. Velocidad o Speed: "the ability to perform a movement within a short period of time" (Ozemek & ACSM, 2026, p. 2). (Corbin et al., 1980)
18. Enfermedad o Disease
19. Enfermedades Crónicas o Chronic Diseases
20. Enfermedades Crónico-Degenerativas o Chronic-Degenerative Diseases
21. Diversidad Funcional (antes Incapacidad) o Disability
22. Problema de Salud o Health Condition
23. Adultos Mayores u Older Adults
24. Salud Pública o Public Health
24. Prevención Primaria o Primary Prevention
26. Prevención Secundaria o Secondary Prevention
27. Complicaciones Relacionadas con el Ejercicio o Exercise-Related Complications
28. Actividades de Balance o Balance Activities
29. Fatiga o Fatigue
20. Precisión o Accuracy.

INTRODUCCIÓN

Beneficios y riesgos de la práctica de actividades físicas y ejercicios (Ozemek & American College of Sports Medicine [ACSM], 2026).



NATURAO

IMPORTANLN

EMPCIO

CARRERIO

ORGANO

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REFERENCIAS

Concepts of physical education with laboratories and experiments

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