

ABDUCTION	Movement outwards, away from the body
ADDUCTION	Movement inwards towards the body
ADRENALINE	Hormone that causes heart rate to quicken
AEROBIC RESPIRATION	Production of energy in body using O ₂
AESTHETIC	Something performed with beauty and sensitivity, pleasing the performer and the spectator
AGILITY	The ability to change the position of the body quickly
ALVEOLI	Small air sacks in the lungs where gaseous exchange takes place
ANABOLIC STERIODS	Banned drugs, mimic testosterone, promote bone and muscle growth
ANAEMIA	Deficiency of red blood cells causing lack of energy
ANAEROBIC RESPIRATION	Product of energy in body without using O ₂
ANOREXIA NERVOSA	Eating disorder marked by a refusal to maintain body weight at or above a minimally normal weight for age and height. Associated with insufficient intake of food
ANTAGONISTIC MUSCLES	Two muscles that work together to move a limb
AORTA	Blood vessel which takes blood to the head and body from the heart
ARTERIOLES	Blood vessels into which the arteries sub-divide
ARTERY	Any blood vessel that carries blood away from the body
ATHLETES FOOT	A fungal infection of the feet, usually between the toes
ATRIA	The two chambers at the top of the heart, which receive blood from the veins
ATROPHY	Wastage of muscles marked by the muscles loss of shape and strength
BALANCE STATIC & DYNAMIC	Ability to retain body's centre of mass above base of support

BASAL METABOLIC RATE	The minimum rate of energy required to keep all the life processes of the body maintained when the body is at rest
BODY COMPOSITION	% of body weight which is fat, muscle and bone
BRONCHIOLES	Small tubes in the lungs into which the bronchi sub-divide
CALCIUM	Strengthens bones, found in milk, cheese & yoghurt
CALORIE	A unit which measures heat or energy production in the body
CAPILLARIES	Tiny blood vessels that link arteries with veins
CARBOHYDRATE	Body's main source of energy, found in bread and pasta
CARBOHYDRATE LOADING	Increasing the amount of carbohydrates in the body before an endurance event. i.e. marathon
CARDIAC OUTPUT	Amount of blood pumped by the heart in 1 minute
CARDIOVASCULAR	Relating to the heart and blood vessels
CARDIOVASCULAR FITNESS	Ability to exercise entire body for long periods of time
CARTILAGE	A tough form of tissue which covers and protects the ends of bones, and acts as a shock absorber where two bones meet at a joint
CIRCUIT TRAINING	Series of exercise performed in order and set out so you avoid working the same muscle group consecutively
CONCUSSION	Injury to the brain which causes a person to become unconscious, dizzy or disorientated, caused by a blow to the head
CONTINUOUS TRAINING	Aerobic training, moderate to high level with no rest
CO-ORDINATION	The ability to use two or more body parts together
DEHYDRATION	Extreme lack of water in the body
DIAPHRAGM	Dome shaped muscle that divides chest cavity from the rest of the body cavity
DIAPHYSIS	Central part of long bone

DR A B C	<u>D</u>anger <u>R</u>esponse <u>A</u>irway <u>B</u>reathing <u>C</u>irculation
DRUGS	Substances that cause a chemical change in the body
ECTOMORPH	A somatotype (or body type), often slim with thin arms and shoulders
ENDOMORPH	A body type characterised by a round shape, often short with a large amount of fat
ENDURANCE	An ability to keep going with a movement or activity for a prolonged period of time without tiring/losing skill
EPIPHYSIS	End of a long bone
EXERCISE	Form of physical activity done primarily to improve ones health + physical fitness
EXPIRATION	Breathing out, exhalation
EXTENSION	Straightening a limb
FARTLEK TRAINING	Changing speed, distances and times with rest intervals
FAST TWITCH MUSCLE FIBRES	Muscle fibres which contract very rapidly but are quickly exhausted (For power/speed events)
FITNESS	Ability to meet the demands of the environment
FLEXIBILITY	The range of movement possible at a joint
FLEXION	Bending of a limb
GLUCOSE	A type of sugar found in carbohydrates
GLYCOGEN	The form in which carbohydrate is stored in the muscle and liver
HAEMOGLOBIN	The substance in red blood cells which transports oxygen to body tissue
HEALTH	State of complete mental, physical + social well-being, not merely the absence of disease and infirmity
HEART RATE	Times the heart beats per minute

HEAT EXHAUSTION	Fatigue brought on by body temperature rising
HYGIENE	The practice of maintaining cleanliness and stopping the spread of germs
HYPERTROPHY	Muscle enlargement due to exercise
INSERTION	Point where a tendon attaches muscle to bone + there is movement
INSPIRATION	Drawing breath in, inhalation
ISOMETRIC CONTRACTION	A muscle contraction where the length of the muscle does not change e.g. pressing against a stationary object
ISOTONIC CONTRACTION	Muscle contraction that results in limb movement
INTERCOSTAL MUSCLES	Muscles between the ribs
INTERVAL TRAINING	Periods of hard work followed by rest periods
JOINT	A point where two or more bones meet
LACTIC ACID	Produced during anaerobic exercise leads to stiffness and cramp
LIGAMENTS	Strong elastic fibres which join bone to bone
MASKING AGENT	Legal substance which hides the presence of an illegal substance
MESOMORPH	A somatotype or body type which is basically muscular
METABOLIC RATE	Speed at which we use up our energy
MUSCLE TONE	Voluntary muscles in a state of very slight tension ready and waiting to be used
MUSCULAR ENDURANCE	Ability to use voluntary muscles many times without getting tired
MUSCULAR STRENGTH	Amount of force a muscle can exert against resistance
OBESE	Very overfat
OPTIMUM WEIGHT	Most favorable weight for an individual

ORIGIN	Point where tendon attaches muscle to a fixed bone
OSSIFICATION	Development from cartilage to bone
OVERFAT	More body fat than you should have
OVERLOAD	Improving performance by training harder and more (intensity)
OVERWEIGHT	Having weight in excess of normal
OXYGEN DEBT	Amount of oxygen consumed during recovery above that which would have been consumed in the same time at rest (shortfall)
PERFORMANCE	How well a task is completed
PERFORMANCE ENHANCING DRUG	A type of unlawful drug which can help to improve performance
PLATELET	Small blood cells which help to clot blood
PLEURA	Membrane surrounding the lungs, which acts as a lubricant
POSTURE	Way muscles hold their body when still or in motion
POWER	Ability to complete strength performances quickly. Power = strength x speed
PROGRESSION	Starting slowly + gradually increasing the amount of exercise completed
PULMONARY ARTERY	Blood vessel which carries de-oxygenated blood from the right ventricle of the heart to the lungs
PULMONARY VEIN	Blood vessel which carries oxygenated blood from the lungs to the left atrium of the heart
PULSE RATE	The rate per minute at which the heart beats
REACTION TIME	Time between presentation of stimulus + onset of movement
RECOVERY RATE	Time it takes for heart to return to resting after exercising

REGULARITY	Repeating exercise sessions in a week
REHABILITATE	Recovery from injury
RESIDUAL VOLUME	Amount of air left in lungs after maximal breath out
REVERSIBILITY	Any changes that take place as a consequence of training will be reversed when you stop training
R. I. C. E.	<u>R</u> est <u>I</u> ce <u>C</u> ompression <u>E</u> levation
SLOW TWITCH MUSCLE FIBRE	Red fibres in skeletal muscles which contract slowly and repeatedly for long periods (endurance events)
SOMATOTYPE	Body types (Ectomorph, Endomorph, Mesomorph)
SPECIFICITY	Doing specific kinds of exercise /activity to build specific body parts
SPEED	Differential rate which an individual is able to perform a movement or cover a distance in a period of time
STROKE VOLUME	Volume of blood pumped out of heart by each ventricle during one contraction
STRIATED MUSCLE	(Or striped or voluntary muscle) skeletal muscle of the body
SYSTEMATIC TRAINING	Planning a programme for an individual as a result of the effect of previous training
TENDON	Strong non elastic tissue which joins muscle to bone
TIDAL VOLUME	The amount of air breathed in and out in one breath
TRAINING	A well planned programme which uses scientific principles to improve performance, skill, game ability, motor + physical fitness
VALVE	Structure which permits blood flow in only one direction
VEIN	A thin blood vessel which transports blood towards the heart
VENTRICLES	The two bottom chambers of the heart

VERRUCAE	Virus that appears on sole of the foot
VITAL CAPACITY	Maximum amount of air that can be forcibly exhaled after breathing in as much as possible
VO2 MAX	The maximum amount of oxygen which the body can take in
WARM UP	A period of exercise to prepare for a main activity
YELLOW BONE MARROW	Substance found in the shaft of a long bone