

Glossary of terms

Aerobic	'with oxygen'. If exercise is not too fast and is steady, the heart can supply all the oxygen the muscles need.
Agility	the ability to change the position of the body quickly and to control the movement of the whole body.
Anabolic Steroids	drugs that mimic the male sex hormone testosterone and promote muscle and bone growth
Anaerobic	'without oxygen'. If exercise is done in short, fast bursts, the heart cannot supply blood and oxygen to the muscles as fast as the cells can use them.
Anorexic	a prolonged eating disorder due to loss of appetite
Balance	the ability to retain the centre of mass (gravity) of the body above the base of support with reference to static — stationary — or dynamic — changing — conditions of movement, shape and orientation.
Balanced diet	a diet which contains an optimal ratio of nutrients
Beta blockers	drugs that are used to control the heart rate and that have a calming and relaxing effect
Blood pressure	the force exerted by blood on the walls of the blood vessels
Body composition	the percentage of body weight which is fat, muscle and bone.
Cardiac output	the amount of blood ejected from the heart in one minute.
Cardiovascular fitness	the ability to exercise the entire body for long periods of time.
Competence	readiness of the body and mind to cope with the requirements of the activity
Co-ordination	the ability to use two or more body parts together.
Diuretics	drugs that elevate the rate of bodily urine excretion
Ectomorph	a somatotype - individual with narrow shoulders and narrow hips, characterised by thinness
Endomorph	a somatotype - individuals with wide hips and narrow shoulders, characterised by fatness
Erythropoietin (EPO)	A type of peptide hormone that increases the red blood count

Exercise	a form of physical activity done to maintain or improve health and/or physical fitness. It is not competitive sport.
Fitness	the ability to meet the demands of the environment.
Flexibility	the range of movement possible at a joint.
FITT	Frequency, Intensity, Time, Type (used to increase the amount of work in order to achieve overload)
Health	a state of complete mental, physical and social well-being, and not merely the absence of disease and infirmity.
Heart rate	the number of times the heart beats each minute.
Individual needs/differences	matching the training to the requirements of the individual
Isometric Contractions	muscle contraction but the length does not alter, e.g. when pressing against a stationary object
Isotonic contraction	muscle contraction that results in limb movement.
Joint	a place where two or more bones meet.
Mesomorph	A somatotype, individuals with wide shoulders and narrow hips, characterised by muscularity
Methods of training	Interval, Continuous, Circuit, Weight, Fartlek, Cross training.
Muscular endurance	the ability to use voluntary muscles, many times without getting tired.
Muscular strength	the amount of force a muscle can exert against a resistance.
Narcotic analgesics	Drugs that can be used to reduce the feeling of pain
Obese	a term used to describe people who are very overfat.
Overfat	a way of saying you have more body fat than you should have.
Overweight	having weight in excess of normal. Not harmful unless accompanied by overfatness.
Oxygen debt	the amount of oxygen consumed during recovery above that which would have ordinarily been consumed in the same time at rest (this results in a shortfall in the oxygen available).

PAR-Q	Physical activity readiness questionnaire
Peptide hormones	drugs that cause the production of other hormones
Performance	how well a task is completed.
Power	the ability to do strength performances quickly. Power = Strength x Speed.
Progressive overload	gradually increasing the amount of work you do in order to increase fitness
Reaction time	the time between the presentation of a stimulus and the onset of a movement.
Reversibility	any adaptation that takes place as a consequence of training will be reversed when you stop training.
Rest and Recovery	the time required for the repair of damage to the body caused by training or competition
R.I.C.E	Rest, Ice, Compression, Elevation (for treating minor injuries)
Self-esteem	respect for, or a good opinion of yourself
SMART	Specific, Measureable, Achievable, Realistic, Time-bound
Specificity	matching the training to the needs of the activity
Speed	the differential rate at which an individual is able to perform a movement or cover a distance in a period of time.
Stimulants	drugs that affect the central nervous system, e.g. increasing mental and physical alertness
Stroke volume	the volume of blood pumped out of the heart by each ventricle during one contraction.
Target zone	The range within which an individual needs to work for aerobic training to take place (60-80% of maximum heart rate)
Tidal volume	the amount of air breathed in or out of the lungs in one breath.
Training	a well-planned programme which uses scientific principles to improve performance, skill, game ability and motor and physical fitness.
Training thresholds	the boundaries of the target zones
Underweight	weighing less than is normal, healthy or required
Vital capacity	the maximum amount of air that can be forcibly exhaled after breathing in as much as possible

