

## Some useful definitions

### **Aerobic**

'With oxygen'. If exercise is not too fast and is steady, the heart can supply all the oxygen 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 bone and muscle growth.

### **Anaerobic**

'Without oxygen'. If exercise is done in short, fast bursts, the heart cannot supply blood and oxygen to muscles as fast as the cells use them.

### **Anorexic**

Pertaining to anorexia – a prolonged eating disorder due to loss of appetite.

### **Balance**

The ability to retain the body's centre of mass (gravity) 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 heart rate and that have a calming and relaxing effect.

### **Blood pressure**

The force exerted by circulating 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.

### **Heart rate**

The number of times the heart beats each minute.

### **Individual differences/needs**

Matching training to the requirements of an individual.

### **Isometric contractions**

Muscle contraction which results in increased tension but the length does not alter, for example, 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 training, continuous training, circuit training, weight training, Fartlek training, 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.

**Overload**

Fitness can only be improved through training more than you normally do.

**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.

**PEP**

Personal Exercise Programme.

**Peptide hormones**

Drugs that cause the production of other hormones.

**Performance**

How well a task is completed.

**PESSCL**

PE and School Sport Club Links.

**Physical activity**

Any form of exercise or movement; physical activity may be planned and structured or unplanned and unstructured (in PE we are concerned with planned and structured physical activity, such as a fitness class).

**Power**

The ability to do strength performances quickly (power = strength x speed).

**Progressive overload**

To gradually increase the amount of overload so that fitness gains occur, but without potential for injury.

**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.

**Recovery**

The time required for the repair of damage to the body caused by training or competition.

**Rest**

The period of time allotted to recovery.

**RICE**

Rest, ice, compression, elevation (a method of treating injuries).

**Self-esteem**

Respect for, or a favourable opinion of, oneself.

**SMART**

Specific, measurable, achievable, realistic, time-bound.

**Somatotypes**

Classification of body type.

**Specificity**

Matching training to the requirements of an 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 have an effect on the central nervous system, such as increased mental and/or 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 per cent of maximum heart rate).

**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 zone.

**Underweight**

weighing less than is normal, healthy or required.