

## GCSE Physical Education – Glossary of terms

<b>Aesthetic</b>	Something performed with beauty and sensitivity, pleasing the performer and the spectator
<b>Aerobic energy</b>	Energy expended over a long period of time which requires oxygen
<b>Active Opposition</b>	Opponents in a practice situation who are actively involved
<b>Agility</b>	The ability to move the body in space at speed under control.
<b>Alveoli</b>	Small air sacks in the lungs where gaseous exchange takes place
<b>Amateur</b>	A sportsperson, usually part-time who competes without getting paid
<b>Amino acids</b>	Substances which link together to form protein molecules. Used by the body to build tissue
<b>Anaemia</b>	Deficiency or poor quality of red corpuscles in the blood (lack of haemoglobin)
<b>Anaerobic energy</b>	energy expended in short bursts, which does not require oxygen
<b>Androgenic anabolic steroids</b>	Commonly used performance enhancing drugs
<b>Anorexia</b>	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
<b>Aorta</b>	Blood vessel which takes blood to the head and body from the heart
<b>Arterioles</b>	Blood vessels into which the arteries sub-divide
<b>Articular capsule</b>	A strong, fibrous tissue which surrounds a synovial joint
<b>Athlete's foot</b>	A FUNGAL infection of the feet, usually between the toes
<b>Atria</b>	The two chambers at the TOP of the heart, which receive blood from the veins
<b>Atrophy</b>	Wastage of muscle marked by the muscles loss of shape and strength
<b>Basal metabolic rate</b>	The minimum rate of energy required to keep all the life processes of the body maintained when the body is at rest
<b>Bowel</b>	Common name for the lower intestine
<b>Bronchioles</b>	Small tubes in the lungs into which the bronchi sub-divide
<b>Bulk</b>	Size or mass of a sportsperson
<b>Calorie</b>	A unit which measures heat or energy production in the body
<b>Carbohydrate loading</b>	Increasing the amount of carbohydrates in the body before an endurance event. Usually preceded by a complete depletion of carbohydrates
<b>Cardiovascular endurance</b>	The ability of the heart and lungs to operate efficiently during an endurance event
<b>Cartilage</b>	A tough form of tissue which covers and protects the ends of bones, and acts as a buffer where two bones meet at a joint.
<b>Cerebellum</b>	Part of the brain which controls body movement
<b>Cerebrum</b>	Largest part of the brain, responsible for conscious control of the body
<b>Cholesterol</b>	FATTY deposit which can build up on the inner walls of the arteries reducing blood flow causing blockages or high blood pressure
<b>Closed - skills</b>	Skills performed in an unchanging environment (e.g. golf swing or tennis serve)
<b>Coma position / recovery position</b>	The position in which a casualty should be placed when first aid is needed
<b>Concentric contraction</b>	When a muscle shortens and gets fatter as it contracts
<b>Concussion</b>	A head injury which may cause a person to become unconscious, dizzy or disorientated
<b>Conditioned game</b>	Where the rules or the way a game is played is changed during a practice session to work on a particular aspect
<b>Consistency</b>	Being able to perform a skill properly, the same way each time
<b>Constitution</b>	The rules by which a club or organisation runs itself
<b>Control</b>	Being able to perform something in a regular and consistent way
<b>Convention</b>	An agreed rule or form of etiquette in physical activity
<b>Co-ordination</b>	The ability to properly control your body when performing an action. Usually associated with moving two or more body parts at the same time

<b>Creatine</b>	A nutrient which can be taken in through food or as a supplement which is responsible for the first few seconds of exercise without oxygen. Extra can be taken by performers to aid training and muscle development
<b>Dehydration</b>	Rapid loss of water from the body
<b>Delayed concussion</b>	When the symptoms of concussion occur some time after the injury is received
<b>Diastolic pressure</b>	The pressure of the blood flow in the arteries when the left ventricle relaxes
<b>Dietician</b>	A person who advises on the type of diet a sportsperson should have to meet the demands of their sport
<b>Differentiate</b>	A way of making a physical activity harder or easier in training or practice
<b>Duodenum</b>	Part of the small intestine
<b>Dynamometer</b>	A device used to measure strength
<b>Eccentric contraction</b>	Where a muscle is in a state of contraction but increases in length. (E.g. lowering a biceps curl)
<b>Ectomorph</b>	A somatotype, (or body type) where a person is linear, often slim with thin arms and shoulders
<b>Elitism</b>	system in which certain groups are selected for special treatment based on their high level of ability
<b>Endomorph</b>	A body type characterised by a round shape, often short with a high proportion of body mass as fat
<b>Endurance</b>	An ability of performers to keep going with a movement or activity for a prolonged period of time
<b>Etiquette</b>	A convention or unwritten rule in an activity which is not enforceable but usually followed
<b>Exhale</b>	To breathe out
<b>Expiration</b>	The action of the diaphragm and intercostal muscles which forces air out of the body
<b>Extra-curricular activity</b>	An activity which takes place at a school outside time-tabled lesson time
<b>Fainting</b>	Temporary unconsciousness or dizziness
<b>Fast twitch muscle fibre</b>	Muscle fibres which contract very rapidly but are quickly exhausted
<b>Feedback</b>	Information a performer receives about their performance
<b>Fibrous</b>	Where fibres link together such as a fibrous joint
<b>Fitness</b>	A variety of factors which combine to give a sportsperson an efficient body, able to cope with the demands of the environment
<b>Flexibility</b>	The range of movement at a joint
<b>Forced breathing</b>	The increase of the breathing rate during physical activity.
<b>Form</b>	The level of performance the performer maintains or the good shape, position, presentation or manner of performance.
<b>Foul play</b>	Play which is against the rules or regulations of a sport.
<b>Gangrene</b>	An infection which can set in after a fracture has occurred.
<b>Glucose</b>	A type of sugar found in carbohydrates.
<b>Glycogen</b>	The form in which glucose is stored.
<b>Group skills</b>	Skills which are performed within a unit or group in a team.
<b>Haemoglobin</b>	The substance in the red blood cells which transports oxygen and carbon dioxide.
<b>Haemorrhage</b>	When a blood vessel breaks/ followed by heavy bleeding.
<b>Heart attack</b>	When the heart muscle is starved of oxygen due to a blockage, causing severe chest pain and sometimes death.
<b>Heartbeat</b>	One contraction and one relaxation of the heart.
<b>Hygiene</b>	Ways of maintaining cleanliness and health, good personal habits.
<b>Ileum</b>	Lower part of the small intestine.
<b>Immunization</b>	Vaccination of injection which prevents disease.
<b>Impartial</b>	Being fair to both sides
<b>Individual skills</b>	Physical skills performed on your own.

<b>Ingrown toe nails</b>	Toe nails growing unevenly into the skin at the sides of the nails.
<b>Inhale</b>	To breathe in.
<b>Inspiration</b>	Air taken in when the diaphragm flattens and moves downwards.
<b>Intercostal muscles</b>	Muscles surrounding the ribs which assist breathing.
<b>Invasion games</b>	Physical activities where teams have to get into their opponent's area in order to score.
<b>Isokinetic training</b>	Training using specialised machinery where resistance against muscles is variable.
<b>Isometric contraction</b>	A muscle contraction where the length of the muscle does not change.
<b>Isometric training</b>	Where muscle is held at a particular point for approximately five seconds.
<b>Lactic acid system</b>	The breakdown of carbohydrates to provide energy, usually functioning during activities lasting between one and three minutes.
<b>Leukocyte</b>	White blood cell
<b>Ligaments</b>	Strong fibrous bands which stabilize joints and control movement
<b>Malnutrition</b>	A poor physical condition due to a lack of nutrition.
<b>Mesomorph</b>	A somatotype or body type which is basically a 'Y'shape. Well muscled with wide shoulders, long arms and narrow waist.
<b>Movement replication</b>	Being able to exactly copy and repeat a physical movement.
<b>Muscle tone</b>	The tension which remains in the muscles even at rest.
<b>Muscular endurance</b>	The amount of dynamic strength in a muscle, its ability to keep working for long periods.
<b>Muscular fatigue</b>	The state of a muscle when it can no longer contract.
<b>Neurons</b>	The basic cells of the nervous system
<b>Neutral</b>	Impartial, not taking sides
<b>Nucleus</b>	Main cell body of the nervous system.
<b>Obese</b>	Extremely fat or overweight.
<b>Oesophagus</b>	canal from mouth to stomach, along which food passes.
<b>Open skills</b>	Skills which exist in a situation that is constantly changing.
<b>Open sports</b>	Sports events in which both amateurs and professionals can compete.
<b>Oxygen debt</b>	A state where the body has used more oxygen than it can supply.
<b>Oxyhaemoglobin</b>	Substance which oxygen turns into after gaseous exchange.
<b>Passive smoking</b>	Where someone who is a non-smoker inhales someone else's cigarette smoke.
<b>Passive stretching</b>	Flexibility exercise where a performer stretches by pushing against something.
<b>Peak</b>	Physical condition in which an athlete is at the best of their ability.
<b>Performance enhancing drug</b>	A type of unlawful drug which can help to improve performance.
<b>Physiology</b>	Study of the function and processes of the human body.
<b>Physiotherapist</b>	A specialist who treats someone by using exercise or massage.
<b>Plate competition</b>	A separate competition for losers in a main competition.
<b>Plateau</b>	Situation in which a performer stays at the same level of skill, at least temporarily.
<b>Platelet</b>	Small blood cells which help to clot the blood.
<b>Pleura</b>	Membrane surrounding the lungs, which acts as a lubricant.
<b>Positive acceleration</b>	Where a performer finds mastering a skill difficult at first, then improves rapidly
<b>Posture</b>	The position in which a person holds their body.
<b>Power</b>	The combination of the maximum amount of speed with the maximum amount of strength.
<b>Practice</b>	Frequent repetition of an act skill or physical activity.
<b>Prescription</b>	A medical treatment which a doctor must authorise
<b>Professional</b>	A full time sports person who gets paid for competing.
<b>Psychiatrist</b>	Someone who helps people to mentally prepare or mentally cope.
<b>Pulmonary artery</b>	Blood vessel which carries de-oxygenated blood from the right ventricle of the heart to the lungs.

<b>Pulmonary vein</b>	Blood vessel which carries oxygenated blood from the lungs to the left atrium of the heart.
<b>Pulse raisers</b>	Exercises designed to increase the heart rate.
<b>Pulse rate</b>	The rate per minute at which the heart beats.
<b>Reinforcement</b>	Going over a movement or skill many times to ensure it is correct
<b>Relegated</b>	Being put down to a lower division or league in a sporting event.
<b>Routine</b>	A regular and repeated procedure often of rehearsed and set moves.
<b>Saliva</b>	A digestive juice found in the mouth which helps to digest food.
<b>Scout</b>	A person, who watches, finds and recommends players for sports teams.
<b>Sedentary</b>	Sitting down or being physically inactive for long periods of time.
<b>Seed</b>	One of the acknowledged top players in a competition or event.
<b>Segregation</b>	Keeping people or teams apart.
<b>Self-esteem</b>	A feeling of being pleased with, proud or confident of oneself.
<b>Semi-permeable</b>	A type of membrane which allows the passage of some substances but not others.
<b>Set play</b>	A pre-arranged and practiced move in a physical activity.
<b>Skeletal pump</b>	Muscle action which helps the veins to pump blood around the body.
<b>Skill</b>	An ability to perform certain activities or movements with control or consistency to bring about a desired result.
<b>Slow twitch fibre</b>	Red fibres in skeletal muscles which contract slowly and repeatedly for long periods.
<b>Somatotype</b>	Body types (see ectomorph, endomorph, mesomorph)
<b>Spasm</b>	A sudden involuntary muscular contraction.
<b>Sphygmomanometer</b>	A device for measuring blood pressure.
<b>Standing broad jump</b>	A two-footed jump forwards, starting from a squat position.
<b>Static / passive opponent</b>	An opponent in a practice situation who does not get actively involved.
<b>Station</b>	A place or area which is part of a circuit used in circuit training.
<b>Stimulus</b>	Something (such as music) which influences or assists a performance.
<b>Striated muscle</b>	(or voluntary or striped muscle) skeletal muscles of the body.
<b>Stroke</b>	Sudden attack when the blood supply to the brain is cut off.
<b>Sucrose</b>	A type of sugar (e.g. white table sugar)
<b>Synovial joint</b>	A joint which has a large range of mobility.
<b>Systolic pressure</b>	The pressure of the blood in the arteries when the left ventricle contracts.
<b>Tactics</b>	Pre-arranged and rehearsed strategies or methods of play.
<b>Teamwork</b>	The ability of a team to work together as a single unit with a common aim.
<b>Technique</b>	The manner in which someone performs a skill.
<b>Tendon</b>	Fibrous tissue which joins a muscle to bone.
<b>Testosterone</b>	One of the banned types of androgenic anabolic steroids.
<b>Tidal volume</b>	The amount of air breathed in and out during normal breathing.
<b>Training</b>	A method of preparing for physical activity.
<b>Transfer of skills</b>	Skills which are common between different physical activities and which can be performed in them.
<b>Travelling</b>	Moving forwards in an activity such as trampolining. Can also be a basketball infringement.
<b>Transfer of skills</b>	Skills which are common between different physical activities and which can be performed in them.
<b>Undernourished</b>	Lacking in certain nutrients.
<b>Unit</b>	A group or number of players within a team.
<b>Vaccinate</b>	An injection or inoculation with a vaccine.
<b>Valve</b>	A structure which permits the flow of blood in only one direction.
<b>Vein</b>	A thin blood vessel which transports blood.
<b>Ventricles</b>	The two bottom chambers of the heart.
<b>Vertebral column</b>	The groups of vertebrae which make up the spine.
<b>Vitamin deficiency</b>	A lack of the necessary level or intake of vitamins.

<b>Vitamin supplement</b>	A means of correcting a vitamin deficiency.
<b>VO2</b>	The total amount of oxygen which the body needs and takes in at any time.
<b>VO2 Max</b>	The maximum amount of oxygen which the body can take in
<b>Warm down</b>	A period of gentle exercise after taking part in a physical activity to allow the body to recover safely and return to its normal state.
<b>Warm up</b>	A preparation period before taking part in a physical activity.