

Glossary of terms: The Theory of Physical Education



Ace: A serve that the returner doesn't touch with their racquet. An ace wins the point immediately for the server.

Advantage

A call made by the referee to continue a game after a foul has been committed if the fouled team gains an advantage.

Aerobic

'With oxygen'. If exercise is not too fast and is steady, the heart can supply all the oxygen muscles need.

Aesthetic Appreciation

To be able to see the beauty in performance.

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.

Attacking Team

Team in possession of the ball.

Atrophy

Reduction in size of muscle.

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.

Cannon

One after the other.

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.

Choreography

The art of creating a dance.

Cholesterol

Blood fat which the body needs in moderate amounts.

Circuit Training

A set of 6 to 10 exercises performed at stations in an organised pattern.

Competence

The relationship between: skill, the selection and application of skills, tactics, strategies and compositional ideas; and the readiness of the body and mind to cope with the activity. It requires an understanding of how these combine to produce effective performances in different activities and contexts.

Contact

Any action that results in players touching or bumping into each other.

Continuous Training

Steady training, without rest.

Cool Down

Gradually returning the body to its pre-exercise state.

Cooperation

Supporting and encouraging others.

Coordination

The ability to use two or more body parts together.

Cross

A pass played across the face of a goal.

Cross Training

Using more than one training method.

Defender

A player whose job is to stop the opposition attacking players from scoring.

Defending Team

Team not in possession of the ball.

Direct Free Kick

A free kick in which a goal may be scored by the player taking the free kick.

Dribble: Keeping control of the ball while running.

Diuretics: Drugs that elevate the rate of bodily urine excretion.

Dodging:

The art of moving from side to side to confuse the opponent before sprinting off to catch/pass the ball.

Drop Shot

A very soft shot hit just barely over the net. You hit drop shots to get your opponent up to the net.

Dynamic Stretching

Moving stretches (Walking lunge).

Ectomorph

A somatotype, individuals 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 cell count.

Exercise

A form of physical activity done to maintain or improve health and/or physical fitness, it is not competitive sport.

Fair Play

Learning the importance of adhering to the rules and being fair.

False Start

Failed start of a race, usually caused by a runner moving forward before the starting gun is fired.

Fartlek Training

This allows the athlete to run at varying speeds over unmeasured distances, on different terrain. This is known as 'Speed play'.

Field Events

Throwing and jumping events E.g. Javelin and High Jump.

Fitness

The ability to meet the demands of the environment.

FITT

Frequency, Intensity, Time, Type (used to increase the amount of work the body does, in order to achieve overload).

Flexibility

The range of movement possible at a joint.

Tackle

To take the ball away from the opponent.

Forehand

The side of your body that you perform most tasks on. For example, if you're right-handed, the right side of your body is your forehand side.

Formation

The setup and positioning of players on one team.

Foul

Any illegal play.

Gamesmanship

Gaining an advantage by bending the rules and not playing within the spirit of the game

Goal Kick

A goal kick is awarded to the defending team when the ball is played over the goal line by the attacking team. It can be taken by any player though it is normally taken by the goalkeeper.

Groundstrokes

Basic forehand and backhand strokes.

Health

A state of complete mental, physical and social wellbeing, and not merely the absence of disease and infirmity.

Healthy, active lifestyle

A lifestyle that contributes positively to physical, mental and social wellbeing, and which includes regular exercise and physical activity.

Heart rate

The number of times the heart beats each minute.

Hypertrophy

Increase in size of muscle.

Indirect Free Kick

A free kick awarded to a player from which a goal may not be scored directly.

Individual differences/needs

Matching training to the requirements of an individual.

Interception

When a player takes possession of the ball away from the other team.

Interval Training

Periods of work followed by periods of rest.

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.

Ligaments

A tissue that joins bone to bone.

Macro Nutrients

Provides the body with energy - carbohydrates, fats and proteins.

Man-on

Player lingo describing the warning of a teammate with the ball that a player from the opposing team is coming to attack them.

Marking: The art of staying close to an opponent to prevent her from catching the ball.

Maul

Occurs when a player carrying the ball is held by one or more opponents, and one or more of the ball-carrier's team mates bind on the ball-carrier. All the players involved are on their feet and moving toward a goal line.

Maximum Heart Rate

$220 - \text{age} = \text{maximum heart rate.}$

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.

Micro Nutrients

Essential for a healthy body and includes minerals and vitamins.

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.

Olympic Creed

"The most important thing is not to win but to take part."

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.

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).

Pivot

When the landing foot stays grounded and the player turns on the spot in order to face and pass in another direction.

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.

Recovery Rate

How long it takes for a person's heart rate to return to its resting level after a training session.

Referee/Umpire

The official who is in charge of the game.

Rest

The period of time allotted to recovery.

Resting Heart Rate

The heart rate at rest.

RICE

Rest, Ice, Compression, Elevation (a method of treating soft tissue injuries).

Ruck

One or more players from each team, who are on their feet and in contact, close around the ball on the ground. Once a ruck has been formed, players can't use their hands to get the ball, only their feet.

Scrum

A contest for the ball involving eight players who bind together and push against the other team's assembled eight for possession of the ball. Scrums restart play after certain minor fouls.

Seed

A player's rank in a tournament.

Self-esteem

Respect for, or a favourable opinion of, oneself.

Serve

A stroke made from over your head, which you use to start each point.

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.

Sportsmanship

Showing respect and ensuring fairness

Sporting Etiquette

The unwritten rules of sport

Static Stretching

Easy stretches which are held still for about 10 – 15 seconds.

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.

Substitution

When one player comes off the court and is replaced by another player.

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).

Tendons

A tissue that joins muscle to bone.

Tidal Volume

Is the amount of air inspired and expired with each normal breath at rest or during exercise.

Track Events

Running events E.g. 800m.

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.

Unison

All together (everyone moves together, at the same time during a dnace).

Vital Capacity

The greatest amount of air that can be made to pass into and out of the lungs by the most forceful inspiration and expiration.

Volley

A shot that you hit before the ball bounces, usually at the net.

Warm Up

Includes a pulse raiser, stretches and a specific skill practice.

Weight Training

Using progressive resistance in the form of actual weight or the number of times a weight is lifted.

Working Heart Rate

The measurement of heart rate during or immediately after exercise.