

## 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.