

# Dictionary – Glossary – Key Words

KEY WORD / WORDS	DEFINITION
Abdominals	Muscles found in the front of the stomach
Abduction	Movement of a body part away from the midline of the body
Acceptability	Worthy of being accepted
Acceptable types of sponsorship	Funding that is satisfactory: meeting requirements, for an event in exchange for advertising
Access	The right or opportunity to enter a place or use something
Acquisition of skill	Gaining the ability to carry out a skill
Adduction	Movement of a body part towards the midline of the body
Advantage	A benefit or something that puts you in a better position
Aerobic fitness	How long the body can work with oxygen
Aerobic respiration	Energy system that requires oxygen to break down glucose
Age	The number of years someone or something has lived or existed
Aggression	Violent and hostile behaviour
Agonists	Another name for prime mover. The muscle that produces the desired joint movement
Air passage	The route the air takes to get from the air to the lungs
Alveoli	Small sacs of air that are responsible for gaseous exchange.
Amateur	Someone who does something as a hobby rather than a job
Anabolic agents	A class of steroid hormones related to the hormone testosterone. They increase protein synthesis within cells, which results in the build-up of cellular tissue (anabolism), especially in muscles
Anaerobic fitness	How long the body can work without oxygen
Anaerobic respiration	Energy system that works in the absence of oxygen.
Analogues	These are manmade chemicals that have the same effect as a hormone
Analysis	The process of investigating something in order to understand it or find out what it consists of
Antagonists	The muscle that relaxes while the agonist is working
Anti-social behaviour of fans	Poor / possibly harmful behaviour of those people watching sporting events
Anxiety	Nervousness or worry
Attitude	The way you think about someone or something and behave towards them

Attitudes of society	How a group of individuals characterized by a common interest think about someone or something and behave towards them
Balanced diet	Eating the correct foods, in the correct amount
Ball & socket	A rounded head of a bone fits into a cup shaped cavity of another bone, allow the widest range of movement
Beta blockers	Used to help steady nerves and stop trembling, used in sports that require precision
Biceps	Muscle found in the front of the upper arm
Blood cell production	Within the bones, bone marrow produces both red and white blood cells
Blood doping	Injection of blood to increase number of blood cells
Blood pressure	Pressure exerted by blood on inner walls of arteries
Body systems	The different systems that make up the human body, i.e. skeletal system, muscular system, respiratory system etc
Body temperature	The degree of heat or cold of the body
Body typing	Categorising the body by shape
Boredom	Become tired of something through repetition
Breathing system	The parts of the body used to help us breathe i.e. lungs, diaphragm etc
British sports trust	Now known as Sports Leaders UK, provides a range of leadership qualifications
Bruise	A purple mark that appears on your skin after something hits it
Calcium	A soft white substance found in bones and teeth
Captain	The leader of a sports team
Carbohydrate loading	Excessive intake of carbohydrates to be stored and used as energy
Carbohydrates	A substance that gives you energy, found in sugar and bread
Carbon dioxide	A colourless, odourless gas that humans and animals breathe out
Cardiac muscle	Muscle that is found only in the heart
Cartilage	A strong, flexible substance found around the joints and in the nose and ears
Centres of excellence	Facilities of a very high standard that focus on specific areas to improve
Circulatory system	The body system that includes the heart, blood vessels & blood
Clavicle	The collar bone found below the neck & above the chest
Closed skill	Not affected by the environment
Club	An organisation of people with a particular interest, who meet regularly, also the place where they meet
Coach	Someone who helps or teaches you to get better at a sport or subject
Coaching	Supporting, explaining, demonstrating, instructing and directing others via encouragement and asking questions. Done by a coach

Committee members	A special group delegated to consider some matter
Competition	An event in which people take part to find out who is best at something
Compression	Apply pressure to the injured area to help reduce the swelling
Concussion	The most common and least serious type of traumatic brain injury.
Conduct of officials	How the referees behave
Conduct of players	How people taking part in an activity behave
Condyloid	Allows movement in two planes, found in the wrist where movements back and forth and side to side are possible
Control	Control over something is the ability to make it work they want you to
Correct technique	Using the right procedure to complete a task or activity
Cultural aspects	Characteristics to be considered in relation to a particular group
Cut	To injure yourself on a sharp object
Dehydration	Excessive moisture loss
Deltoids	Muscle found in the shoulder
Diaphragm	The muscular wall that separates the lungs from the stomach
Diet	The usual food that someone eats
Dietary needs	The different nutrients & the amount of them the body needs
Digital camera's	Electronic camera that does not use films
Disadvantage	An unfavourable or harmful circumstance
Dislocation	To put a bone or joint out of place
Diuretics	Remove fluid from the body, used to reduce weight quickly
Drugs	Chemical substances that some people smoke, swallow, smell or inject because of their stimulating effect
Duration	The length of time during which it happens or exists
Dynamic strength	The ability to exert muscle force repeatedly or continuously over time. This involves muscular endurance and resistance to muscle fatigue.
Ectomorph	Very thin and fragile
Educational	Relating to the process of education
Educational uses	Used to help educate
Elevation	Raise the injured area to help reduce swelling
Endomorph	Pear shaped, relatively fat
Endurance	The ability to put up with a difficult situation for a period of time
Endurance	The ability to put up with a difficult situation for a period of time

Energy	The physical strength to do active things
Entertainment	Anything that people watch for pleasure such as shows and films
Environmental aspects of provision	The act of making something available to people, relating to the environment
Environmental issues	Issues relating to the natural environment including resource use, pollution, climate change, energy use, ecology and nature conservation
Equipment	All the things that are needed or used for a particular job or activity
Etiquette	A set of rules for behaviour in a particular social situation
Excretory organs	Parts of the body that get rid of waste products
Explosive strength	The ability to use short bursts of muscle force to propel oneself (as in jumping or sprinting) or to throw an object
Extension	Angle of the articulating bones is increased
Extent of facilities	The amount of service or pieces of equipment which makes it possible to do something
Extra-curricular	Are activities performed by students that fall outside the realm of the normal curriculum of school or university education
Extrovert	A person who is more interested in other people and the world around them than their own thoughts and feelings
Facilities	A service or piece of equipment which makes it possible to do something
Facilities	A service or piece of equipment which makes it possible to do something
Family	A group consisting of parents and their children, also all the people who are related to each other
Fatigue	Extreme tiredness
Fats	The greasy solid or liquid substance obtained from animals and plants used in cooking, is stored in the body and used as energy
Feedback	Comments and information about the quality or success of something
Femur	The long bone found in the thigh
Fibre / roughage	A part of plants that can be eaten but not digested, it helps food pass quickly through the body
Fielding games	Games that require participants to return the ball to the bowler after it has been hit by the opposing team, i.e. rounders, cricket
Finance	Money or loans used to pay for something
Financial issues	An important question that is in dispute and must be settled relating to money
First aid	The provision of limited care for an illness or injury
Fitness	The state of being physically active on a regular basis to maintain good physical condition.

Fitness clubs	An organisation of people with a primary interest in getting fit and healthy, who meet regularly, to take part in exercise classes, use weights etc
Fitness training	Specific and done to improve levels of physical condition
Flexibility	The range of movement possible at a joint
Flexion	Angle of the articulating bones is decreased
Fracture	A crack or break in something especially a bone
Freely moveable joint	Allow a wide range of movement
Frequency	How often the training takes place
Function	Its purpose or natural action
Funding	Finance subsidize
Funding agencies	Companies / businesses that give financial assistance to sport
Game	An enjoyable activity with a set of rules which is played by individuals or teams against each other
Games	Sports played at school or in a competition
Gaseous exchange	The movement of gases (oxygen and carbon dioxide) across the respiratory membrane. From the alveoli to the blood
Gastrocnemius	Muscle found and the back of the calf
Gender	The sex of a person or animal
Gender	The sex of a person or animal
Gliding	Formed where flat surfaces glide past one another
Glucose	A type of sugar found in plants and that animals and people make in their bodies from food to provide energy
Gluteals	Muscles found in the bottom
Good health	Being physically, mentally and socially healthy
Governing bodies	Key factor is having some regulatory function. This may be disciplinary action for rule infractions, deciding on rule changes etc. They may cover a range of sport at an international level, like the International Olympic Committee, or only a single sport at a national level, like the Rugby Football League. National bodies may or may not be affiliated to international bodies for the same sport.
Hamstrings	A group of three muscles found in the back of the thigh
Health	Complete state of physical, mental and social well-being and not merely the absence of disease
Heart beat	The filling of and emptying of the heart with blood
High protein intake	Excessive amounts of protein in the diet
Hinge	Only allows movement in one plane i.e. the elbow only allows movement back and forth

Hooliganism	Unruly and destructive behaviour
Humerus	The long bone found in the upper arm
Ice	Apply ice to the injured area to help reduce the swelling
Immoveable	Allow no observable movement
Individual	Relating to one particular person or thing
Information technology	The study, design, development, implementation, support or management of computer-based information systems, particularly software applications and computer hardware
Informative	Gives you useful information
Insertion	Where the muscle finishes, the attachment to the bone that moves
Instructive	Serving to instruct or enlighten or inform
Intensity	The level of training i.e. high intensity makes the exercise harder
Intercostals muscles	The respiratory muscles attached to each rib to allow the chest to expand and contract during breathing
International competitions	A sporting event that involves participants from other countries in a competitive capacity
Introvert	Someone who spends more time thinking about their private feelings than about the world around them, and who often finds it difficult to talk to others
Invasion games	Involve the occupation and defence of territory
Involuntary (smooth)	Muscle movements that are not consciously controlled
Iodine	A bluish black substance used in medicine and photography
Iron	A hard-dark metal, small amounts of which are found in the blood
Joint	Where two bones meet
Joint injury	Damage or harm to a joint (where 2 bones meet together)
Lactic acid	A waste product produced when glucose is broken down in the absence of oxygen
Latissimus dorsi	Big muscle found in the back
Leader	A person who is in charge of a country, an organization or a group of people
Leisure centres	Facilities provided by your local authority to help people participate in a variety of sporting activities. Usually includes, sports halls, gym, swimming pool, squash courts etc. A non-profit making business
Leisure time	Time available for ease and relaxation
Ligament	A piece of tough tissue in your body that connects bones
Ligaments	A piece of tough tissue in your body which connects your bones
Local	In, near or belonging to the area in which you live

Local authorities	Local governments are administrative offices that are smaller than a state or province. The term is used to contrast with offices at nation-state level, which are referred to as the central government, national government
Lungs	The organs of respiration, the human body has two
Major international sporting event	A sporting event that involves participants from other countries
Media	The television, radio and newspapers
Mesomorph	Very muscular
Metabolic rate	The rate at which the body uses up energy
Mimetics	Mimetics are substances that imitate the action of other related drugs
Minerals	Minerals occur freely in nature, they are essential for a healthy body
Minority games	Games that aren't played as much as others
Motivation	Keen, willingness to carry out a task or activity
Moveable	Allow movement
Movement	The bones of the skeleton provide a large surface area for the attachment of muscles.
Muscle injury	Damage or harm to a muscle
Muscle tone	The continuous and passive partial contraction of the muscles. It helps maintain posture
Muscular endurance	The ability of a muscle or group of muscles to sustain repeated contraction against a resistance for an extended period of time.
Muscular strength	The maximum force that can be developed in a muscle or group of muscle during a single maximal contraction
Narcotic analgesics	Pain killers
National	Relating to the whole of the country
National coaching foundation	Now known as Sports Coach UK. Develops the profession of coaching in the UK
National curriculum	A nationwide curriculum for primary and secondary state schools following the Education Reform Act 1988
National lottery	The United Kingdom's largest lottery. It is operated by Camelot Group, to whom the licence was granted in 1994, 2001 and again in 2007. The lottery is regulated by The National Lottery Commission.
National providers	Groups from around the country that make things available to others
Negative	Problems and disadvantages
Negative effects	Having a damaging impact on something
Net games	Games that are played using either a net or wall i.e. tennis, badminton, squash
Obesity	An excess of fat

Observer	A person who holds a position of authority in a sporting event
Officials	A person who holds a position of authority in a sporting role
Olympic games	The biggest track world games held every 4 years
Open skill	Skills that are affected by the unstable, changing environment
Organiser	A person who brings order and organization to an enterprise
Origin	Where the muscle starts from, usually the end that is fixed
Over exposure	Making something to accessible
Over sensationalise	Make a bigger deal about something than is necessary
Overload	An individual must exercise at a level above that which can be carried out comfortably
Oxygen	A colourless and odourless gas in the air, it makes up about 21% of the Earth's atmosphere. With an extremely small number of exceptions, living things need oxygen to survive
Participation	Be involved in, join in, take part
Patella	The knee cap found at the join between tibia and femur
Pectorals	Muscles found in the front of the chest
Peer pressure	The influence on yourself to do something that your peers are doing
Peers	People who are of the same age and social status as yourself
Pelvis	The hips provide protection for the reproductive organs
Peptide hormones	Naturally occurring hormones that can help build muscle, mend tissue and increase oxygen transport
Performance	Comprises an event in which one group of people (the performer or performers) behave in a particular way for another group of people (the audience).
Personality	Your character and nature
Physical maturity	The state of reaching puberty
Physiological factors	Factors that relate to the body systems
Pivot	Only allows rotational movements, one bone rotates around another
Player	A participant in a game
Player	A participant in a game
Playing fields	A grassed area used for playing sports
Playing seasons	Different parts of the season are used for different things i.e. preseason is used for training & fitness, playing season where all the matches take place etc
Political issues	An important question that is in dispute and must be settled relating to politics
Positive	Confident and hopeful
Positive effects	Having a confident and hopeful impact on something



Posture	The position or manner in which you hold your body
Pressure points	Specific areas in the body that are extremely sensitive to pain
Prevent injury	Stop an accident happening where someone may get hurt
Prime movers	Another name for the agonist. The muscle that produces the desired joint movement
Private sports	Facilities that are funded and ran by companies that are trying to make money
Professional	Relating to the work of someone who is qualified in a particular profession
Progression	As the person becomes fitter the exercise must be changed to create overload & therefore continually produce improvements
Promote	Try to make something happen or become more popular
Promoting participation	Giving out information on the benefits of taking part in sport
Protection	The skeleton provides protection for the internal organs
Protection	Defend, guard, keep from harm
Protective coverings	Items that can be used to stop participants getting hurt or injured, i.e. shin pads
Proteins	A substance that is found in milk, eggs and meat and that is needed by the body for growth
Provision	The act of making something available to people
Provision	The act of making something available to people
Provision of excellence	The act of making something of an exceptionally high standard available to people
Psychological	Relating to the mind
Psychological benefits	Benefits relating to the mind, i.e. stress relief
Psychological factors	Factors relating to the mind
Public and private sector of sports	Non-profit and profit making providers of sports, through use of their equipment, facilities etc
Pulled muscle	A muscle strain, also called a pulled muscle, occurs when a muscle is stretched too far, and small tears occur within the muscle.
Pulse	The regular beat
Quadriceps	A group of four muscles found in the front of the thigh
Quality of facilities	Degree or grade of excellence of the service or equipment
R.I.C.E	Rest, ice, compression, elevation the first step in first aid
Race	One of the major groups that human beings can be divided into according to their physical features
Radio	A system of sending sound over a distance by transmitting electrical signals
Radius / ulna	The 2 long bones found in the forearm, radius is on the thumb side

Refereeing	Make decisions about play in many sports, the person who makes the decisions is the umpire or referee
Regional	Having to do with a certain geographic area, or region
Repetitions	How many times the person repeats an exercise without rest
Representative teams	Groups of participants the stand for one area i.e. club school
Respiration	Your breathing
Rest	To rest the injured part of your body
Reversibility	If workouts are not done often enough or are stopped then the benefits seen through training will be lost
Ribs	The bones that form the cage to protect the heart and lungs and used in respiration
Risk assessments	The process of quantifying the probability of a harmful effect to individuals or populations from certain human activities
Role models	Any "person who serves as an example of a positive behaviour".
Role models	Any "person who serves as an example of a positive behaviour"
Rotation	The bone turns around its axis within the joint
Rules	Statements which tell you what you are allowed to do
Safety	The state of being "safe" the condition of being protected against physical, social, spiritual, financial, political, emotional, occupational, psychological, educational or other types or consequences of failure, damage, error, accidents, harm or any other event which could be considered non-desirable
Safety assessments	Identifying any risks relating to safety where people may get hurt or injured
Safety considerations	Being aware of things around us that may cause harm or injury
Safety factors	Factors that stop people getting hurt or injured
Scapula	The shoulder blade, a flat bone found at the top of the back
Segregation	Separate or isolate (one thing) from another and place in a group apart from others
Sell	Let someone have something in return for money
Sets	The number of groups of repetitions of an exercise
Shape	The skeletal system gives the body its shape
Sit and reach test	The fitness test used to measure flexibility
Skeletal system	The system of bones in our body
Skill	The knowledge and ability that enables you to do something well
Skill development	Improving an ability that has been acquired by training
Slightly moveable joint	Allow a small amount of movement
Social aspects	Characteristics to be considered in relation to the community and organised groups

Social behaviour of fans	How those going to watch sporting events behave
Social Benefits	Benefits relating to society, i.e. making friends
Societies	Is a grouping of individuals which is characterized by common interests and may have distinctive culture and institutions
Socio-economic	Involving social as well as economic factors
Soft tissue injury	Damage of the soft tissue of the body. The four fundamental tissues that are affected are the epithelial, muscular, nervous and connective tissues.
Special diet	Any unusual needs of the body in terms of foods we eat
Specific requirements	Particular things needed to complete tasks
Specific roles	The particular things that people have to do in their job
Specificity	The type of exercise should be specific to both the muscle groups being used and the energy sources involved
Sponsor	To support an event or someone's training financially
Sponsorship	May be an arrangement to exchange advertising for the responsibility of funding a popular event or entity
Sport centres	Places where people can go to take part in a range of sports. Usually offer, sports hall, gym & swimming pool
Sport England	The governing body responsible for advising, investing in and promoting community sport in England.
Sports clubs	An organisation of people with a particular interest, who meet regularly to take part in sporting activities, also the place where they meet
Sports Council	UK Sport is the United Kingdom's organisation for directing the development of sport within the home countries. It is accountable to the Department for Culture, Media and Sport. It is under the direction of UK Sport's Council
Sports personality	The person from the sporting world who is voted as having the best personality
Sports providers	Groups that make sports available to others
Sprain	Accidentally damage a joint by twisting it violently
Squad	A small group chosen to do a particular activity
Static strength	The force that can be held in one place
Sternum	The breastbone found in the centre of the chest
Stimulants	A drug or other substance that makes your body work faster, increasing your heart rate and making it difficult to sleep
Strain	Damage to a muscle by overstretching or moving it awkwardly
Strategies to combat hooliganism	Plans put into action to prevent this unruly and destructive behaviour

Strength	Your physical energy and the power of your muscles
Stress	Worry or nervous tension
Striking games	Games that use equipment to hit a ball etc
Support	The skeleton provides a rigid framework to the body giving it shape and providing suitable sites for attachment of muscle
Swimming pools	An artificially enclosed body of water intended for swimming or water-based recreation
Synergists	The muscles that assist the prime mover
Synovial	Type of joint that contain synovial fluid
Target games	Activities that require the participant to hit a certain place, i.e. Archery
Team	A group of people who play together against another group in a sport or game
Technique	Particular method of doing something
Technological developments	Changes made in equipment, clothing etc that benefits the sport, i.e. video analysis
Television	A piece of electronic equipment which receives pictures and sounds by electrical signals over a distance
Tendons	A strong cord of tissue that connects muscle to bone
Tension	The feeling of nervousness or worry that you have when something dangerous or important is happening
The press	People involved with the media who get the stories
Third umpire	An off-field umpire who makes the final decision in questions referred to him by the two on-field umpires
Tibia/ fibula	The 2 long bones found in the lower leg, tibia is known as the shin bone
Trachea	The wind pipe made from cartilage and extends from the larynx to the bronchi
Training	Training is specific and done to improve one's capability, capacity, and performance
Trapezius	Muscle found in the back of the neck and top of the back
Triceps	Muscle found in the back of the upper arm
Types of coverage	The different methods to get information to the population
Umpiring	Make decisions about play in many sports, the person who makes the decisions is the umpire or referee
Unacceptable types of sponsorship	Funding that is not satisfactory & doesn't meet requirements, for an event in exchange for advertising
User groups	User groups are actual groups of people who meet on a regular basis to discuss things
Violence	Behaviour which is intending to hurt or kill
Vitamin A	An essential vitamin that helps eye function (prevents night blindness) & maintenance of epithelial tissues

Vitamin C	An essential vitamin that helps maintain matrix of cartilage, bone & teeth
Vitamin D	An essential vitamin that promotes growth and mineralization of bones
Vitamins	Organic compounds which you need in order to remain healthy, they occur naturally in food
Voluntary (skeletal)	Muscle movements that are under conscious control
Wall games	Same as net games
Warm down	A gradual decrease in the intensity of the exercise until the bodies physiological functions return to their resting state
Warm up	Practice or exercise gently to prepare for an event or activity
Waste products	Substances that are created through other processes that the body does not need
Water (fluids)	A clear, colourless, odourless and tasteless liquid that is necessary for all plant and animal life
World championship	A sporting event that involves participants from all over the world but in a competitive capacity