

GCSE P.E

KEY

WORDS

Key Word	Definition
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.

Keyword	Definition
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
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.
Coordination	The ability to use two or more body parts together.
Diuretics	Drugs that elevate the rate of bodily urine excretion.
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.
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.

Keyword	Definition
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.
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.

Keyword	Definition
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.
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.

Key word	Definition
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.