

# 3

## Physical training: definitions of key terms



See pages 43–82

These are the key terms from Chapter 3. Try cutting them out and then matching the key terms with their definitions or asking friends and family to test you. They could give you the key term and ask you to provide the definition or give you the definition and ask you to provide the key term.

<b>Aerobic training zone</b>	training in the aerobic training zone allows the performer to develop their ability to work aerobically. It is 60–80% of your MHR
<b>Agility</b>	the ability to move and change direction quickly, at speed, while maintaining control
<b>Anaerobic training zone</b>	training in the anaerobic training zone allows the performer to develop their ability to work anaerobically. It is 80–90% of your MHR
<b>Balance</b>	maintaining the centre of the mass over the base of support. Balances can be static or dynamic
<b>Cardiovascular endurance</b>	also known as aerobic power. The ability of the heart and lungs to supply oxygen to the working muscles
<b>Coordination</b>	the ability to use two or more different parts of the body together, smoothly and efficiently
<b>DOMS</b>	Delayed Onset Muscle Soreness, the pain you feel in your muscles the day after you exercise
<b>Fatigue</b>	physical fatigue is a feeling of extreme or severe tiredness due to a build-up of lactic acid in the muscles or working for long periods of time

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<b>Fitness</b>	the ability to meet, or cope with, the demands of the environment
<b>FITT principle</b>	used to increase the amount of work the body does, in order to achieve overload. FITT stands for Frequency, Intensity, Time and Type
<b>Flexibility</b>	the range of movement possible at a joint
<b>Health</b>	a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity
<b>Muscular endurance</b>	the ability of a muscle or a muscle group to undergo repeated contractions, avoiding fatigue
<b>Power</b>	the product of strength and speed. Power = strength × speed
<b>Principles of training</b>	guidelines that, if applied, ensure that training is effective and results in positive adaptations. The principles of training can be remembered using the mnemonic 'SPORT': Specificity, Progressive Overload, Reversibility and Tedium
<b>Progressive overload</b>	gradually increasing the amount of overload so that fitness gains occur, without the potential for injury. Overload involves gradually increasing the stress placed on the body during training
<b>Qualitative data</b>	data that focuses on understanding things; it involves descriptions about people's opinions, about the way they feel, think and behave. Analysing qualitative data gives you a subjective answer to your question
<b>Quantitative data</b>	data that focuses on measuring things and involves numbers. Quantitative data involves facts and, therefore, gives you an objective answer to your question

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<b>Reaction time</b>	the time taken to initiate a response to a stimulus
<b>Repetitions (reps)</b>	the number of times an individual activity is performed
<b>Reversibility</b>	fitness levels are lost when you stop exercising
<b>Sets</b>	a group of repetitions
<b>Specificity</b>	making training specific to the sport or activity being played or performed, to the movements, muscles and energy systems which are used in that sport or activity
<b>Speed</b>	the maximum rate at which an individual is able to perform a movement or cover a distance in a period of time. $Speed = \frac{\text{distance}}{\text{time}}$
<b>Strength</b>	the ability to overcome resistance. There are four types of strength: maximal strength, static strength, explosive strength and dynamic strength.
<b>Tedium</b>	the boredom that can occur when training the same way every time. Variety is needed in a training programme
<b>Training thresholds</b>	the upper and lower boundaries of the aerobic training zone and the anaerobic training zone are called training thresholds