

# *Ability*

Inherited, stable traits that determine an individual's potential to learn or acquire a skill.

# *Adaptability*

The potential to change with ease.

# *Aggression*

A deliberate intent to harm or injure another person, which can be physical or mental (see direct and indirect aggression).

# *Amateur*

The term defines someone who:

- Takes part in an activity as a hobby, rather than for financial gain
- Has another main job outside of sport
- Takes part for fun
- Could be at a lower level

# *Anabolic steroids*

Artificially produced male hormones mimicking testosterone.

They promote muscle and bone growth, and reduce recovery time.

Often used by power athletes, eg sprinters

# *Arousal*

A physical and mental (physiological and psychological) state of alertness/readiness, varying from deep sleep to intense excitement/alertness.

# *Balanced Diet*

It is defined as eating:

- The right amount (for energy expended)
- The right amount of calories
- According to how much you exercise
- Different food types to provide suitable nutrients, vitamins and minerals

# *Beta blockers*

Drugs that are used to steady nerves by controlling heart rate. They have a calming and relaxing effect.



# *(Blood) doping*

Defined by World Anti-Doping Agency (WADA) as the misuse of techniques and/or substances to increase one's red blood cell count.

# *Body composition*

The percentage of body weight which is fat and non-fat (muscle and bone).

# *Calorie*

A unit which measures heat or energy production in the body, normally expressed by Kcal

# *Carbohydrate*

The body's preferred energy source.

# *Closed skill*

A skill which is not affected by the environment or performers within it. The skill tends to be done the same way each time.

# *Commercialisation*

To manage or exploit (an organisation, activity, etc) in a way designed to make a profit.

The specification refers to commercialised activity as sponsorship and the media only

# *Contract to Compete*

Unwritten agreement to follow and abide by the written and unwritten rules

# *Deep Breathing*

Slow, deep breaths whilst relaxed



# *Dehydration*

Excessive loss of body water  
interrupting the function of the  
body.

# *Hydration*

Having enough water to enable normal functioning of the body

# *Rehydration*

Consuming water to restore  
hydration

# *Direct aggression*

Aggressive act which involves physical contact with others, eg a punch.

# *Diuretic drugs*

Drugs that remove fluid from the body, elevating the rate of bodily urine excretion.

# *Ectomorph*

A somatotype characterised by being tall and thin. Individuals with narrow shoulders and narrow hips.

# *Endomorph*

A somatotype, characterised by a pear shaped body/fatness.  
Individuals with wide hips and narrow shoulders

# *Erythropoietin (EPO)*

A type of peptide hormone that increases the red blood cell count.



# *Etiquette*

A convention or unwritten rule in an activity. It is not an enforceable rule but it is usually observed

# *Externally-paced skill*

The skill is started because of an external factor. The speed, rate or pace of the skill is controlled by external factors, eg an opponent

# *Extrinsic Feedback*

Received from outside of the performer, eg from a coach. See Kinaesthetic feedback for a comparison

# *Extrovert*

Sociable, active, talkative, out-going personality type usually associated with team sports players

# *Feedback*

Information a performer receives about their performance . Feedback can be given during and/or after performance

# ***Fine Movement*** *(skill classification)*

Small and precise movement, showing high levels of accuracy and coordination. It involves the use of a small group of muscles

# ***Fitness***

The ability to meet/cope with the demands of the environment

# *Gamesmanship*

Attempting to gain an advantage by stretching the rules to their limit, eg  
time wasting



# Goal Setting (SMART)

A method to increase motivation and reduce anxiety.  
Goals should be SMART:

- Specific – specific to the demands of the sport / muscles used / movements used
- Measureable – it must be possible to measure whether they have been met
- Accepted – they must be accepted by the performer and others involved eg coach
- Realistic – they are actually possible to complete
- Time bound – over a set period of time

# Goal Types

## Performance Goals

Personal standards to be achieved

Performers compare themselves against what they have already done or suggest what they are going to do. There is no comparison with other performers

## Outcome Goals

Focus on end result/winning

# ***Gross Movement*** *(skill classification)*

Using large muscle groups to perform big, strong, powerful movements

# Guidance

A method to convey information to a performer. Guidance methods:

- Visual (seeing)
- Verbal (hearing)
- Manual (assist movement – physical)
- Mechanical (use of objects/aids)

# *Health*

A state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

# *Hooliganism*

Disorderly, aggressive and often violent behaviour by spectators at sporting events

# *Home field advantage*

Gaining an advantage in a sporting event from being in familiar surroundings, with the majority of the spectators supporting you

# *Indirect aggression*

Aggression which does not involve physical contact. The aggression is taken out on an object to gain advantage, eg hitting a tennis ball hard during a rally



# *Information processing*

Making decisions. Gathering data from the display (senses), prioritising the most important stimuli to make a suitable decision

# *Intrinsic feedback*

See kinaesthetic feedback

# *Introvert*

A quiet, passive, reserved, shy personality type, usually associated with individual sports performance

# *Kinaesthetic feedback*

It's a type of intrinsic feedback, received via receptors in the muscles. Sensations that are felt by the performer, providing information from movement

# *Level playing field*

The same for all competitors

# *Lifestyle*

See sedentary lifestyle

# *Masculinity*

Displaying masculine (male)  
stereotypical behaviour

# Media

Diversified technologies which act as the main means of mass communication. These include:

- Printed media (eg newspaper)
- Broadcast media (eg TV and radio)
- Internet/social media (eg Facebook)
- Outdoor media (eg billboards)



# ***Mental health and well-being***

A state of well-being in which every individual realises his/her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community (as per WHO). It works in conjunction with physical and social health

# *Mental rehearsal/visualisation/imagery*

Cognitive relaxation techniques  
involving control of mental  
thoughts and imagining positive  
outcomes

# *Mesomorph*

A somatotype, characterised by a muscular appearance. Individuals with wide shoulders and narrow hips.

# Minerals

Inorganic substances which assist the body with many of its functions, e.g. bone formation (Calcium).

# ***Motivation*** (*intrinsic and extrinsic*)

The drive to succeed or the desire (want) to achieve something/to be inspired to do something. This can be:

- Intrinsic – the drive that comes from within (eg for pride, satisfaction, a sense of accomplishment, self-worth)
- Extrinsic – the drive to perform well or to win in order to gain external rewards (eg prizes, money, praise)

# *Narcotic analgesics*

Drugs that can be used to reduce the feeling of pain.

# *Nutrition*

The intake of food, considered in relation to the body's dietary needs. Good nutrition is an adequate, well balanced diet, combined with regular physical exercise

# Obese

A term used to describe people with a large fat content, caused by an imbalance of calories consumed to energy expenditure. A body mass index (BMI) of over 30 or over 20% above standard weight for height ratio



# *Open skill*

A skill which is performed in a certain way to deal with a changing or unstable environment, eg to outwit an opponent

# *Peptide hormones*

Drugs that stimulate the production of naturally occurring hormones (eg EPO), which increase red blood cell count/oxygen carrying capacity

# *Physical health and well-being*

All body systems working well, free from illness and injury. Ability to carry out everyday tasks. It works in conjunction with social and mental health

# *Positive self-talk*

Developing cognitive positive thoughts about your own performance

# *Post Season (transition)*

Period of rest/active recovery/light aerobic work after the competitive period (season)

# *Pre-Season (preparation)*

It is defined as:

- Period leading up to competition
- Usually using continuous/fartlek/interval training sessions to increase aerobic fitness
- Weight training to build up strength and muscular endurance
- Developing techniques specific to the sport in order to be fully prepared for matches at the start of the season and therefore be more successful

# *Qualitative*

More of a subjective than an objective appraisal. Involving opinions relating to the quality of a performance rather than the quantity (eg score, placing, number)

# *Quantitative*

A measurement which can be quantified as a number, eg time in seconds or goals scored. There is no opinion expressed (qualitative). It is a fact



# *Role model*

A person looked up to by others as  
an example to be imitated

# Season

A period of time during which competition takes place or training seasons, dividing the year up into sectional parts for pre-determined benefits. Training seasons include:

- Pre-season (preparation)
- Competition season (playing)
- Post-season (transition)

# *Sedentary lifestyle*

A lifestyle with irregular or no physical activity

# *Self-paced skill*

The skill is started when the performer decides to start it. The speed, rate or pace of the skill is controlled by the performer

# *Skill*

A learned action/learned behaviour with the intention of bringing about predetermined results, with maximum certainty and minimum outlay of time and energy

# *Skill classification*

Categorisation of sporting skills in accordance with set continua. These include:

- Basic/complex continua
- Open/closed continua
- Self-paced/externally-paced continua
- Gross/fine continua

# ***Social health and well-being***

Basic human needs are being met (food, shelter and clothing). The individual has friendship and support, some value in society, is socially active and has little stress in social circumstances. It works in conjunction with physical and mental health

# *Somatotype*

A method of classifying body type.

Body types:

- ectomorph
- endomorph
- mesomorph

See these terms for definitions of individual somatotypes



# *Sponsor*

An individual or group that provides financial support to an event, activity, person, or organisation

# *Sponsorship*

Provision of funds or other forms of support to an individual or event in return for some commercial return

# *Sportsmanship*

Conforming to the rules, spirit and  
etiquette of a sport

# *Stimulants*

Drugs that have an effect on the central nervous system, ie they increase mental and/or physical alertness

# *Tangible*

Something that can be seen and touched eg a trophy

# *Vitamins*

Organic substances that are required for many essential processes in the body, eg Vitamin A for structure and function of the skin.

# *Well-being*

Involves physical, mental and social well-being. The dynamic process that gives people a sense of being comfortable, healthy or happy