



These are the key terms from Chapter 3. Try cutting them out and then matching the key terms with their definitions or ask 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 target zone</b>	60–80% of your maximum heart rate.
<b>Agility</b>	A measure of how quickly you can change the position of your body, while keeping your entire body under control.
<b>Anaerobic training target zone</b>	80–90% of your maximum heart rate.
<b>Balance</b>	Your ability to keep your body steady, both when in a static position and when moving.
<b>Body composition</b>	A measure of the percentages of fat, muscle, bone, water and vital organs that make up your body weight.
<b>Cardio-respiratory system</b>	The name given to the combined body system that involves your cardiovascular system and your respiratory system.
<b>Cardiovascular fitness (aerobic endurance)</b>	A measure of how efficiently your body can deliver oxygen and nutrients, such as glucose, to your working muscles during exercise, and also carry away waste products, such as carbon dioxide and lactic acid.
<b>Coordination</b>	The ability to move two or more body parts together, accurately and smoothly.

### 3 Physical training: definitions of key terms

<b>Exercise</b>	A form of physical activity done to maintain or improve health and/or fitness; it is not a competitive sport.
<b>Fitness</b>	The ability to meet the demands of the environment.
<b>FITT</b>	This stands for <b>F</b> requency, <b>I</b> ntensity, <b>T</b> ime and <b>T</b> ype. The FITT principle should be used to ensure that a Personal Exercise Programme (PEP) delivers progressive overload.
<b>Flexibility</b>	The ability of your joints to move through their full range of movement.
<b>Health</b>	A state of complete emotional, physical and social well-being, and not merely the absence of disease and infirmity.
<b>Simplified Karvonen formula</b>	Target Heart Rate = MHR × %Intensity. (MHR = Maximum Heart Rate, calculated as 220 – age.)
<b>Muscular endurance</b>	A measure of the length of time your voluntary muscles can contract without getting tired. This can be repeated muscle contractions, or one contraction held for a long period of time.
<b>Musculo-skeletal system</b>	The name given to the combined body system that involves your muscles and your skeleton.
<b>Normative data</b>	Normative data shows the results for “normal” people. Data is collected from a large sample of people and the “most common” results are established.
<b>Overtraining</b>	This occurs when you train too hard and do not give your body enough time to rest and recover between training sessions.

### 3 Physical training: definitions of key terms

<b>PARQ</b>	Stands for <b>P</b> hysical <b>A</b> ctivity <b>R</b> eadiness <b>Q</b> uestionnaire.
<b>Performance</b>	The action of performing a task, including a sporting performance.
<b>Power</b>	The ability to combine strength with speed to perform a strong muscular contraction very quickly.
<b>Principles of training</b>	Guidelines that, if applied, ensure that training is effective and results in positive adaptations. The principles of training are: individual needs, specificity, progressive overload (FITT), overtraining and reversibility.
<b>Progressive overload</b>	The frequency, intensity, time and/or type of exercise are gradually increased to ensure that levels of fitness continue to improve.
<b>Reaction time</b>	The amount of time it takes you to respond to a stimulus.
<b>Reversibility</b>	Any adaptations made as a result of training will be reversed if training stops.
<b>Specificity</b>	Training should be matched to the requirements of the activity that the performer is involved in.
<b>Speed</b>	The rate at which your body, or part of your body, is able to perform a movement.
<b>Strength</b>	The amount of force a muscle can generate when it contracts to overcome resistance.