

PAPER 1 & PAPER 2 GCSE PE GLOSSARY

KEY TERM	DEFINITION	PRACTICAL EXAMPLE
ABDUCTION	Movement away from the midline of the body.	Star jump, split landing in netball
ADDUCTION	Movement towards the midline of the body.	Arm moving towards the midline of the body – the second phase of breaststroke
AEROBIC EXERCISE	Use of oxygen for the duration of the exercise. Usually at moderate intensity at a continuous rate e.g. Long-distance running.	Low intensity running, swimming or cycling
AGILITY	The ability to change direction at speed; nimbleness.	A basketball player sidestepping when dribbling, changing direction when dribbling in any sport
AGONIST	The muscle that works to create the movement .	The hamstring when flexion occurs at the knee
ANTAGONIST	The muscle that works in the opposite way of the agonist.	The triceps when flexion occurs at the elbow
ANTAGONISTIC MUSCLE ACTION	A pair of muscles that work together to produce movement with one muscle contracting whilst the other muscle relaxes. E.g. As arm flexes the bicep contracts and the tricep relaxes.	Quadriceps and hamstring to jump
ANAEROBIC EXERCISE	Exercise which does not allow for the predominant usage of oxygen . Usually high or very high intensity for a short period of time. E.g. Sprinting up a hill.	Shot put, 30m sprint
ARTICULATING BONES	Bones that move relative to each other at a joint .	Shoulder – Humerus and scapula Elbow- Humerus, radius and ulna
AXES OF ROTATION	A line around which the body can turn .	
BALANCE	The ability to stay upright or stay in control of body movement.	A gymnast on the balance beam A dancer performing a pirouette
BALANCED DIET	A diet that contains the correct proportions of carbohydrates, fats, proteins, vitamins, minerals, and water necessary to maintain good health.	
BETA BLOCKERS	A drug used to control heart rhythm and lower blood pressure.	An archer before an event to reduce HR
BLOOD VESSELS	Tubular structures that carry blood around our bodies.	Arteries, veins and capillaries
BREATHING RATE (RESPIRATORY SYSTEM)	The number of breaths taken in a minute	The increase is an immediate effect of exercise on the respiratory system
CAPILLIARISATION	The development of blood capillaries in the body which increases through long term effects of exercise.	Occurs as a long-term effect of exercise
CARTILAGE	A tough, elastic, fibrous connective tissue .	Acts as a shock absorber on the bones during physical activity

CARDIAC OUTPUT (CARDIOVASCULAR SYSTEM)	The volume of blood pumped per minute by each ventricle of the heart. Cardiac output = stroke volume x heart rate.	Increases as a long-term effect of exercise
CARDIOVASCULAR ENDURANCE	The ability to continue exertion while getting energy from the aerobic system used to supply the body with energy. Also referred to as stamina.	A marathon runner would require high levels of this
CIRCUIT TRAINING	Series of alternate exercises performed at stations that focus on different muscle groups.	Can be used to improve CV fitness and skill specific
CIRCUMDUCTION	The circular movement of a joint . It is a movement pattern that combines flexion, extension, adduction, abduction and rotation.	Butterfly stroke in swimming Bowling in cricket
CLOSED SKILL	Skills that are performed in a predictable environment . E.g. A Player taking a line out in Rugby.	Snooker shot or darts throw
COMMERCIALISATION	Links business and commerce into sport with a primary focus of profit which can lead to exploitation.	Nike providing the England Football Team shirts
COMPLEX SKILL	A skill which requires a lot of focus and decision making to perform.	Tennis serve Handspring
CONFIDENCE	The degree to which a performer believes they have the ability to perform and complete tasks with success.	Needed when taking a penalty
CONTINUOUS TRAINING	Training that involves activity without rest intervals . It can be performed at any intensity	Improves CV fitness, used by marathon runner
CO-ORDINATION	The ability to move two or more body parts under control, smoothly and efficiently.	Tennis serve, badminton serve
COOL DOWN	Physiological activity to return to normal gradually by engaging in less strenuous exercise. Aims to slowly decrease breathing, heart rate and muscle temperature.	Slow jog, followed by stretching
CORONARY HEART DISEASE	Where the blood vessels are narrowed and blood flow and oxygen to the heart is reduced.	Can lead to angina or a heart attack
DISCRIMINATION	The unfair treatment of individuals whereby opportunities are not available to all the different social groups.	Could be down to racism/sexism.
DEVIANCE	Behaviour that is either immoral or seriously breaks the rules and norms of the sport.	Diving in football.
DOUBLE CIRCULATORY SYSTEM	The human body has two circulatory loops in which blood circulates. One is oxygenated (systemic) and the other is deoxygenated (pulmonary)	Heart to lungs = Pulmonary Heart to body = Systemic
ENERGY BALANCE	Energy input = energy expenditure . This equation must balance for your body weight to remain constant.	A marathon runner would use a lot of energy during the race, they need to eat enough to match this
ETHNICITY	A state of belonging to a specific social group with common cultural or national traditions or beliefs.	Black, white, Asian.
EXERCISE	Activity that requires physical effort . Usually carried out to sustain or bring about improvements to health or fitness.	Any that requires physical effort: Jogging/Swimming/Cycling
EXTENSION	A straightening movement around a joint. Joint angle increases	Extension of the elbow when performing shot put

FARTLEK TRAINING	Training which varies in intensity and duration and consists of bursts of intense effort alternating with less strenuous activity. Over different terrains .	Used to maintain and improve aerobic endurance e.g. a cross country runner
FATIGUE	Muscle tiredness when the body has a lack of energy.	Could set in during extra time in a match
FEEDBACK	Information that is given to a performer either during or after their performance with the aim of improving future performances.	Intrinsic/Extrinsic/Knowledge of Performance/Knowledge of results/Positive/Negative
FIXATOR	A muscle which acts as the stabilizer and helps the agonist work effectively of one part of the body during movement of another part.	Trapezius is a fixator when the bicep is the agonist at the elbow joint
FIIT	Frequency – the number of times exercise takes place Intensity – how hard and intense the exercise is Time – how long you exercise for Type - the kind of exercise that takes place.	Ways to increase overload
FITNESS	Your ability to meet the physical demands placed on you by the environment .	
FLEXIBILITY	Range of movement available around a joint .	Front somersault or trampolinist performing a straddle jump. Footballer performing a bicycle kick.
FLEXION	A bending movement around a joint in a limb. Joint angle decreases .	Bicep curl
FRONTAL AXIS OF ROTATION	Runs horizontally from the front to back of your body.	A gymnast performing a cartwheel moves through this axis.
FRONTAL PLANE	An imaginary line which divides the body from front to back vertically .	Star jumps/cartwheel
GAMESMANSHIP	Where the laws of the game are interpreted in ways, which whilst not illegal, are not in the spirit of the game. Pushing the limits to gain unfair advantage.	Faking an injury to delay the game
GAS EXCHANGE	The movement of gases taking place at the alveoli and capillaries .	
GENDER	The state of being male or female .	
GOLDEN TRIANGLE	The links and interrelationship between sponsorship, sport and the media .	Nike, Football and Sky
GUIDANCE	Given to aid the learning of a skill.	Verbal, visual, mechanical, manual
HEALTH	The state of emotional, physical and social well-being.	
HEART RATE (CARDIOVASCULAR SYSTEM)	Number of heart beats per minute .	Increases as an immediate effect of exercise
HIIT	Exercise that alternates between high intensity and periods of recovery .	High knees for 30 seconds at 80%, rest for 30 seconds, repeat X5

HYDRATION	Having the appropriate level of water in the body for it to function optimally. When this level of water falls below optimal levels it is referred to as dehydration	A tennis player would regularly drink water in between games and sets
HYPERTROPHY	The increase in size of skeletal or cardiac muscle , often as a result of training or exercise.	Bicep would hypertrophy as a result of specific weightlifting over a period of time. Cardiac hypertrophy would occur as a long-term effect of training.
INTERVAL TRAINING	Training that incorporates periods of exercise and rest .	Useful for games player such as netball and hockey
LACTIC ACID	A waste product produced in the muscle tissues during strenuous exercise where the anaerobic energy system is in use.	Can build up due to fatigue at the end of a game of rugby or at the end of a set of weights.
LEVERS 1ST CLASS	A lever in which the fulcrum is positioned between the load and the effort. EFL	1 st class- Heading a ball
LEVERS 2ND CLASS	A class 2 lever has the load and the effort on the same side of the fulcrum, with the load nearer the fulcrum. ELF	2 nd class- Take off at long jump
LEVERS 3RD CLASS	The effort is placed between the load and the fulcrum, and the effort must travel a shorter distance and be greater than the load. FEL	3 rd class- Bicep curls
LIGAMENT	A short band of tough and flexible tissue connecting bones together and stabilise the joint .	
LONGITUDINAL AXIS OF ROTATION	Passes vertically from the top to the bottom of your body. A 360-degree turn rotates through this axis.	Ballet dancer performing a pirouette Discus thrower Netball player turning in the air
MANUAL GUIDANCE	The coach will physically manipulate the athlete through the skill Mechanical: use of apparatus or aids that assist the performer.	A coach helps a gymnast with a forward role by moving them
MECHANICAL ADVANTAGE	1 st and 2 nd class levers provide mechanical advantage; this means that a larger load can be moved with a smaller amount of effort .	Long jump, high jump
MECHANICAL GUIDANCE	When a piece of equipment or an aid is used to help a performer learn a skill	Harness in trampolining
MEDIA	Different forms of communication that can inform, educate and entertain people including social, internet, TV and newspapers.	Sky TV/BT Sport/match of the day/newspapers
MENTAL PREPARATION	The rehearsal of a physical skill that takes place within the mind of the performer without any actual physical movement.	A gymnast mentally rehearsing her routine before performing it
MINUTE VENTILATION (RESPIRATORY SYSTEM)	The volume of gas inhaled or exhaled from the lungs per minute .	MV
MUSCULAR ENDURANCE	The ability to move your body and muscles repeatedly without fatiguing .	A cyclist would require high levels of muscular endurance in his quadriceps and hamstrings
OBESITY	The state of being very overweight , with a lot of excess body fat, usually classified using the BMI calculation of 30 or above.	
OPEN SKILL	These are affected by the environment and are predominantly perceptual as they must be adapted to suit the environment. These skills are usually externally paced. E.g. A pass within a game situation in football	A central midfielder playing a pass in a game of football/a netball player passing in a game situation
OVERLOAD	A greater than normal stress that is applied on the body for training adaptations to take place.	Lifting heavier weights than normal

PHYSICAL ACTIVITY	Movement of the body by the skeletal muscles that requires energy expenditure.	Jogging, swimming, cycling
PLYOMETRICS	Involves jumping, bounding, hopping exercise.	Box jumps/hurdle jumps
POWER	The ability to exert a maximal force in as short a time as possible/ quickly .	100m sprinter exploding out of the box requires power Front row of scrum engaging
PROGRESSION	Gradual increases in exercise in order for the body to adapt through overload.	1-2-3-4-5-6 reps
PULMONARY	The circulatory loop that controls blood flow from the heart to the lungs	
RATE OF RECOVERY	The speed at which the body returns back to normal after exercise.	An elite athlete would have a higher rate of recovery than a novice
REACTION TIME	The ability to respond quickly to a stimulus.	100m sprinter responding to the starting gun
RED BLOOD CELLS	Oxygen carrying cells containing haemoglobin.	Produced in bone marrow
REDISTRIBUTION OF BLOOD FLOW	When exercising, the blood is diverted from inactive areas to the muscles that are being used. This action is completed through vasodilation and vasoconstriction - also known as the vascular shunt mechanism.	Moving from the stomach to the working muscles
REVERSIBILITY	Any adaptation that takes place as a result of training will be lost if you stop training .	Lose any fitness gains gradually if you stopped exercising completely
ROLE MODELS	Someone to be looked up to , (good role model) an example to follow.	Emma Raducanu/Joe Root/Marcus Rashford
ROTATION	The turning of a body part about its long axis as if on a pivot.	At the shoulder for a spin bowler
SAGITTAL PLANE	An imaginary line which divides the body vertically into left and right sides .	Kicking a ball or a bicep curl
SIMPLE SKILL	Consists of basic movement actions that are not difficult to perform with few decisions to make. E.g. A chest pass, a straight up and down jump.	A chest pass in a practice environment
SKILFUL MOVEMENT	A fluent and coordinated movement which is efficient, technically accurate and aesthetically pleasing.	
SKILLS CONTINUA	A method of categorising skills along a continuum that acknowledged that whilst they are all different, they can all be classified according to their level of difficulty.	Simple-Complex
SPECIFICITY	The training must be matched to the needs of the sporting activity and individual.	A swimmer's training would be specific to their needs, a marathon runner wouldn't spend a large % of their training doing resistance training - not specific
SMART	Specific - A target to achieve Measurable - something quantitative you can use Achievable - something that can be done by the performer	SMART Targets Manchester City would set out to achieve 2 trophies by the end of the 2019/2020 season

	Recorded - a training programme record Timed - to be achieved in a certain amount of time.	
SPEED	The ability to move quickly across the ground or move limbs rapidly through movements.	A rugby winger running down the wing to score a try
SPONSORSHIP	The giving of money or goods to performers in order to get good publicity and/or increase profit.	Etihad-Manchester City Emirates- Arsenal stadium and kit
SPORTSMANSHIP	Ethical, appropriate, polite and fair behaviour while participating in a game or athletic event; fair play.	Shaking hands after a game of rugby
STAMINA	See cardiovascular endurance.	
STEROIDS	Anabolic steroids are synthetic hormones that enhance the ability to train harder and longer .	A 100m sprinter or weightlifter may take them to improve power and speed
STIMULANTS	Drugs used to raise physiological arousal in the body.	Could be used before a sporting event to make them more alert and reduce fatigue
STRENGTH	The maximum force a muscle/group of muscles can apply against a resistance .	Rugby player needs strength to rip the ball during a ruck
STROKE VOLUME (CARDIOVASCULAR SYSTEM)	The amount of blood pumped out of the heart (left ventricle - to the body) during each contraction/beat .	Long term effect of exercise on the cardiovascular system
SYNOVIAL JOINT	An area where two or more bones meet within a joint capsule and allows a wide range of movement to occur.	Knee/Elbow
SYSTEMIC CIRCUIT	The circulatory loop that controls blood flow from the heart to the rest of the working muscles and organs.	Heart to body
TENDON	A tendon is a tough yet flexible band of fibrous tissue which joins muscle to bone .	Achilles Tendon
TIDAL VOLUME (RESPIRATORY SYSTEM)	The amount of air which enters and exits the lungs during normal inhalation at rest.	TV
TRANSVERSE AXIS OF ROTATION	Passes horizontally from left to right . A somersault passes through this plane.	A somersault
TRANSVERSE PLANE	An imaginary line which divides the body horizontally from front to back .	Golf swing/Discus throw
TYPE 2 DIABETES	A metabolic disorder that affects how your body handles glucose . Often associated with obesity and can be controlled through changes to your diet.	
VASOCONSTRICTION	Blood vessels narrow to reduce blood flow	Happens near our unused organs during exercise
VASODILATION	Blood vessel diameter increase to allow increased blood flow to areas in the body that require it	Happens at working muscles during exercise
VERBAL GUIDANCE	The coach will explain the technique	Telling someone how to improve
VIOLENCE	Physical acts committed in sport that go beyond the accepted rules of play or the expected levels of contact within a contact sport.	Punching an opponent in a game

VISUAL GUIDANCE	Use of demonstrations that allow the performer to 'see' the skill	Showing someone how to improve
WARM UP	Preparatory exercises to prepare the body and mind for physical activity. Aims to increase breathing heart rate and muscle temperature.	Pulse raiser/ mobility/stretching/dynamic movements/mental rehearsal
WEIGHT TRAINING	A method of training that uses free weights or resistance machines used to develop strength.	Strength- high weight low rep Endurance- low weights high reps