

1. acceleration	the rate at which velocity changes in a given amount of time	21. capillaries	the smallest of all blood vessels; the function to exchange oxygen and nutrients for waste
2. adaptation	an adjustment made by the body as a result of exposure to progressive increases in the intensity of training	22. cardiac output	the amount of blood pumped by the heart per minute
3. aerobic	with oxygen'	23. cardiorespiratory endurance	the ability of the working muscles to take up and use the oxygen that has been breathed in during exercise and transferred to muscle cells
4. agility	the ability to move the body from one position and direction to another with speed and precision	24. centre of buoyancy	the centre of gravity of a volume of water displaced by an object when it is immersed in that water
5. anaerobic	in the absence of oxygen'	25. centre of gravity	the point at which all the weight is evenly distributed and about which the object is balanced
6. angular momentum	the quantity of angular motion in a body or part of a body		
7. applied forces	forces generated by muscles working on joints		
8. arteries	blood vessels that carry blood away from the heart		
9. articular cartilage	a firm, smooth, flexible connective tissue that covers the end of bones where they form joints		
10. average total body density	an average of all the specific densities of body components such as bones, teeth and lungs		
11. backspin	the opposite of topspin; occurs when a ball or object rotates backwards causing it to fall slowly at the end of flight		
12. balance	the ability to maintain equilibrium while either stationary or moving		
13. base of support	an imaginary area that surrounds the outside edge of the body when it is in contact with a surface		
14. biomechanics	a science concerned with forces and the effect of these forces on and within the human body		
15. blood glucose	blood sugar; it represents the immediate supply of fuel for the working muscles		
16. body composition	the percentage of fat as opposed to lean body mass in a human being		
17. bone marrow	a soft, fatty vascular tissue in which blood cells are made, located in the interior cavities of bones		
18. boundary layer	a layer of fluid whose speed is reduced because it is attached to the surface of an object that is moving through it		
19. buoyant force	the upward force on an object produced by the fluid in which it is fully or partially submerged		
20. cancellous bone	the spongy or porous inner structure of bone that often contains and protects bone marrow		