

1. power (biomechanics)	the ability of muscles groups to contract at speed	19. target heart rate zone	an area surrounding the target heart rate calculated using percentages of maximal heart rate
2. profile drag	drag created by the shape and size of a body or object	20. topspin	occurs when a ball or object rotates forward on its horizontal axis causing it to drop sharply
3. pulmonary circulation	the flow of blood from the heart to the lungs and back to the heart	21. veins	carry deoxygenated blood from the body tissues back to the right atrium; pulmonary veins from the lungs differ in that they carry oxygenated blood to the left atrium
4. reaction forces	equal and opposite forces exerted in response to applied forces	22. velocity	displacement divided by time
5. reaction time	the time taken to respond to a stimulus	23. ventilation	our depth and rate of breathing, expressed in breaths per minute
6. respiration	the process by which the body takes in oxygen and removes carbon dioxide	24. wake	an area of turbulence behind an object moving through a fluid
7. short bones	bones that have a short axis and are found in small spaces e.g. a wrist; they serve to transfer forces		
8. sidespin	rotation around a vertical axis causing a ball or object to curve left or right during flight		
9. slightly movable or cartilaginous joint	a joint that permits limited movement; examples of this joint exist in the vertebral column, where fibrous cartilage between discs allows a limited range of movement		
10. specific density	the density of a particular tissue type such as bone or lung tissue		
11. speed	the distance covered divided by the time taken to cover the distance		
12. speed (fitness)	the ability to perform body movements quickly		
13. sphygmomanometer	an instrument used to measure blood pressure		
14. steady state	a period of time during which oxygen uptake remains at a uniform level e.g. swimming at a constant speed		
15. stroke volume	the amount of blood ejected by the left ventricle of the heart during a contraction; it is measured in mL/beat		
16. surface drag or skin friction	a thin film of the fluid medium sticking to the surface area of the body or object through which it is moving		
17. systemic circulation	the flow of blood from the heart to body tissue and back to the heart		
18. systolic pressure	the highest (peak) pressure recorded when blood is forced into the arteries during contraction of the left ventricle (systole)		