

inspiration

air movement from the atmosphere into the lungs; breathing in

intensity

the amount of effort required at an individual to accrue a fitness benefit

isometric

describes a contraction that occurs when the muscle fibres are activated and develop force, but the muscle length does not change; that is, movement does not occur

isometric exercises

muscular contractions where tension is created in the muscle, but its length remains the same; e.g. trying to lift a weight that is too heavy to be moved

lactate

a salt formed from lactic acid that accumulates during intense anaerobic activity

lactate inflexion point
(LIP)

a point beyond which a given power output cannot be maintained; it is characterised by lactic acid accumulation and decreased time to fatigue

laminar flow

a streamlined flow of fluid with no evidence of turbulence between the layers

lift

the component of a force that acts at right angles to the drag

linear momentum

a property of a body that is moving; it is equal to (or a product of) its mass x velocity

linear motion

takes place when a body and all parts connected to it travel the same distance in the same direction and at the same speed

line of gravity

an imaginary vertical line passing through the centre of gravity and extending to the ground

long bones

bones that are longer than they are wide and that function as levers

Magnus effect

explains why spinning objects such as cricket and golf balls deviate from their normal flight paths

mass

the amount of matter in a body

Medicare

Australia's government-funded health scheme that subsidises the cost of medical services for all Australians

momentum
(biomechanics)

the quantity of motion
that a body possesses

motion

the movement of a
body from one
position to another

muscle action

refers to movement
made at the joint when
the muscle contracts

muscular endurance

the ability of the muscles to
endure physical work for
extended periods of time
without undue fatigue

muscular hypertrophy

an increase in the size of the
muscle resulting from an
increase in the cross-sectional
area of the individual muscle
fibres

muscular power

the ability to combine strength and speed in an explosive action

muscular strength

the ability to exert force against a resistance in a single maximal effort

origin

a muscle's point of attachment to the more stationary bone; in most cases, this point is nearer the trunk

plasma

a straw-coloured liquid mainly consisting of water (about 90%)

platelets

fragments of cells found in blood that are responsible for clotting