

acceleration

the rate at which velocity changes in a given amount of time

adaptation

an adjustment made by the body as a result of exposure to progressive increases in the intensity of training

aerobic

with oxygen'

agility

the ability to move the body from one position and direction to another with speed and precision

anaerobic

in the absence of oxygen'

angular momentum	the quantity of angular motion in a body or part of a body
applied forces	forces generated by muscles working on joints
arteries	blood vessels that carry blood away from the heart
articular cartilage	a firm, smooth, flexible connective tissue that covers the end of bones where they form joints
average total body density	an average of all the specific densities of body components such as bones, teeth and lungs

backspin

the opposite of topspin;
occurs when a ball or object
rotates backwards causing it
to fall slowly at the end of
flight

balance

the ability to maintain
equilibrium while either
stationary or moving

base of support

an imaginary area that
surrounds the outside edge
of the body when it is in
contact with a surface

biomechanics

a science concerned with
forces and the effect of
these forces on and within
the human body

blood glucose

blood sugar; it
represents the
immediate supply of fuel
for the working muscles

body composition

the percentage of fat as opposed to lean body mass in a human being

bone marrow

a soft, fatty vascular tissue in which blood cells are made, located in the interior cavities of bones

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

buoyant force

the upward force on an object produced by the fluid in which it is fully or partially submerged

cancellous bone

the spongy or porous inner structure of bone that often contains and protects bone marrow

capillaries

the smallest of all blood vessels; the function to exchange oxygen and nutrients for waste

cardiac output

the amount of blood pumped by the heart per minute

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

centre of buoyancy

the centre of gravity of a volume of water displaced by an object when it is immersed in that water

centre of gravity

the point at which all the weight is evenly distributed and about which the object is balanced