

1. centrifugal force	a force directed away from the centre of a rotating body	17. float	to maintain a stationary position on the surface of the water
2. centripetal force	a force directed towards the centre of a rotating body	18. fluid mechanics	a branch of mechanics that is concerned with properties of gases and liquids
3. circuit training	requires participants to perform set exercises at a number of stations, working through the course in the shortest period of time	19. force (biomechanics)	the push or pull acting on a body
4. circulatory or cardiovascular system	a network that distributes blood containing oxygen and nutrients and collects wastes; it comprises the heart, arteries, blood and veins	20. freely movable or synovial joint	a joint that allows maximum movement; most joints in the body are synovial joints e.g. the hip joint
5. concentric	the most common type of muscular contraction; during this contraction, the muscle shortens, causing movement at the joint	21. heart rate	the number of times the heart beats per minute (bpm)
6. coordination	the ability to harmonise the messages from the senses (such as sight, feel and sound) with parts of the body to produce movements that are smooth, skillful and well controlled	22. hydrogen ion	a hydrogen atom that has lost its electron, the concentration of which determines the pH of a solution
7. density	the mass per unit volume of a body or object	23. hypokinetic disease	a term given to modern lifestyle diseases associated with inactivity
8. diastolic pressure	the minimum or lowest pressure recorded when the heart is relaxing and filling (diastole)	24. immovable or fibrous joint	a joint where no movement is possible e.g. this type of joint include the bones of the cranium, which are fused in lines called sutures
9. displacement	the movement of a body from one location to another in a particular direction, or an 'as the crow flies' measurement	25. insertion (of a muscle)	the point of attachment at the movable end; this end tends to be away from the body's main mass
10. drag	the force that opposes the forward motion of a body or object, reducing its speed or velocity		
11. eccentric	a contraction that occurs when the muscle lengthens while under tension; the action often happens with the assistance of gravity		
12. energy pathway	a system that converts nutrients to energy for exercise		
13. expiration	air movement from the lungs to the atmosphere; breathing out		
14. FITT	an acronym for frequency, intensity, time and type; it embodies a fitness principle that ensures a program has the quantity and quality of movement necessary to produce the desired physical improvement		
15. flat bones	bones that have a broad surface and serve as places of attachment for muscles and to protect vital organs		
16. flexibility	the range of motion about a joint or the ease of joint movement		