

1. <b>inspiration</b>	air movement from the atmosphere into the lungs; breathing in	19. <b>muscular endurance</b>	the ability of the muscles to endure physical work for extended periods of time without undue fatigue
2. <b>intensity</b>	the amount of effort required at an individual to accrue a fitness benefit	20. <b>muscular hypertrophy</b>	an increase in the size of the muscle resulting from an increase in the cross-sectional area of the individual muscle fibres
3. <b>isometric</b>	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	21. <b>muscular power</b>	the ability to combine strength and speed in an explosive action
4. <b>isometric exercises</b>	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	22. <b>muscular strength</b>	the ability to exert force against a resistance in a single maximal effort
5. <b>lactate</b>	a salt formed from lactic acid that accumulates during intense anaerobic activity	23. <b>origin</b>	a muscle's point of attachment to the more stationary bone; in most cases, this point is nearer the trunk
6. <b>lactate inflexion point (LIP)</b>	a point beyond which a given power output cannot be maintained; it is characterised by lactic acid accumulation and decreased time to fatigue	24. <b>plasma</b>	a straw-coloured liquid mainly consisting of water (about 90%)
7. <b>laminar flow</b>	a streamlined flow of fluid with no evidence of turbulence between the layers	25. <b>platelets</b>	fragments of cells found in blood that are responsible for clotting
8. <b>lift</b>	the component of a force that acts at right angles to the drag		
9. <b>linear momentum</b>	a property of a body that is moving; it is equal to (or a product of) its mass x velocity		
10. <b>linear motion</b>	takes place when a body and all parts connected to it travel the same distance in the same direction and at the same speed		
11. <b>line of gravity</b>	an imaginary vertical line passing through the centre of gravity and extending to the ground		
12. <b>long bones</b>	bones that are longer than they are wide and that function as levers		
13. <b>Magnus effect</b>	explains why spinning objects such as cricket and golf balls deviate from their normal flight paths		
14. <b>mass</b>	the amount of matter in a body		
15. <b>Medicare</b>	Australia's government-funded health scheme that subsidises the cost of medical services for all Australians		
16. <b>momentum (biomechanics)</b>	the quantity of motion that a body possesses		
17. <b>motion</b>	the movement of a body from one position to another		
18. <b>muscle action</b>	refers to movement made at the joint when the muscle contracts		