power (biomechanics)	the ability of muscles groups to contract at speed
profile drag	drag created by the shape and size of a body or object
pulmonary circulation	the flow of blood from the heart to the lungs and back to the heart
reaction forces	equal and opposite forces exerted in response to applied forces
reaction time	the time taken to respond to a stimulus

respiration	the process by which the body takes in oxygen and removes carbon dioxide
short bones	bones that have a short axis and are found in small spaces e.g. a wrist; they serve to transfer forces
sidespin	rotation around a vertical axis causing a ball or object to curve left or right during flight
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
specific density	the density of a particular tissue type such as bone or lung tissue

speed	the distance covered divided by the time taken to cover the distance
speed (fitness)	the ability to perform body movements quickly
sphygmomanometer	an instrument used to measure blood pressure
steady state	a period of time during which oxygen uptake remains at a uniform level e.g. swimming at a constant speed
stroke volume	the amount of blood ejected by the left ventricle of the heart during a contraction; it is measured in mL/beat

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
systemic circulation	the flow of blood from the heart to body tissue and back to the heart
systolic pressure	the highest (peak) pressure recorded when blood is forced into the arteries during contraction of the left ventricle (systole)
target heart rate zone	an area surrounding the target heart rate calculated using percentages of maximal heart rate
topspin	occurs when a ball or object rotates forward on its horizontal axis causing it to drop sharply

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
velocity	displacement divided by time
ventilation	our depth and rate of breathing, expressed in breaths per minute
wake	an area of turbulence behind an object moving through a fluid