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Preface

This dictionary provides a basic vocabulary of terms used in sport and exercise science. With a wide coverage of terms from anatomy, medicine, psychology, physiology and sports nutrition, it is an ideal reference for students of sports and exercise sciences, as well as those with a general interest in health and fitness.

Each headword is explained in clear, straightforward English. There are also supplements including anatomical figures, measurement conversions and a list of key industry contacts for athletes and sports scientists.

Thanks are due to Morc Coulson, Programme Leader at University Sport Sunderland, for his help and advice during the production of the text.
A noun a human blood type of the ABO system, containing the A antigen. Someone with this type of blood can donate to people of the same group or of the AB group, and can receive blood from people with this type or with type O.

AB noun a human blood type of the ABO system, containing the A and B antigens. Someone with this type of blood can donate to people of the same group and receive blood from people with this type or with type O, A or B.

A-band noun a visible dark band in striated muscle

ABC abbreviation airway, breathing, circulation

abdomen noun a space inside the body that contains the stomach, intestines, liver and other vital organs

abdominal crunch noun same as crunch

abdominal fat noun fat that is deposited mainly on the abdominal area, thought to indicate a higher risk of heart disease

abdominal rigidity noun extreme tightness of the abdominal muscles caused by injury or insufficient warm-up

abdominal roller noun a piece of gym equipment that works the abdominal muscles

abdominals plural noun the muscles found in the abdomen, particularly the internal and external obliques

abdominal training noun a workout that concentrates on the abdominal muscles, especially with the aim of developing a six-pack

abducens nerve noun the sixth cranial nerve, which controls the muscle which makes the eyeball turn outwards. Also called abducent nerve

abducent adjective used for describing a muscle that brings parts of the body away from each other or moves them away from the central line of the body or a limb. Compare adducnt

abducent nerve noun same as abducens nerve

abduct verb to pull a leg or arm in a direction that is away from the centre line of the body, or to pull a toe or finger away from the central line of a leg or arm. Compare adduct

abduction noun movement of a limb away from the body

abductor noun a muscle that pulls the body or a limb away from a midpoint or midline
ability  

ability noun 1. a natural tendency to do something successfully or well 2. a high degree of intelligence or competence 3. a particular gift for doing something well  
ability-to-skill transfer noun the fact that an ability someone develops in learning one new skill can be extended to learn other skills  
ablation noun the removal of diseased or unwanted tissue from the body by surgical or other means  
able adjective 1. physically or mentally equipped to do something 2. having the necessary resources or talent to do something  
able-bodied adjective healthy and physically strong  
ableism noun discrimination in favour of those who are not physically or mentally disabled  
Ablokov test noun a test of an athlete’s ability to jump from a squat position  
ABO system noun a system of classifying blood types. e blood type  
abrasion noun a minor injury in the form of a graze to the skin  
abs plural noun the abdominal muscles, or exercises done to firm them (informal)  
abscess noun a painful swollen area where pus forms (NOTE: The formation of an abscess is often accompanied by a high temperature. The plural is abscesses.)  
abseil verb to descend a steep slope or vertical face using a rope that is secured at the top and passed through a series of coils or a harness around the body  
absolute dose noun the amount of an ingested drug that is absorbed into the body  
absolute load noun the amount of resistance against a movement  
absolute refractory period noun the brief time during which a stimulated muscle fibre is not affected by any further stimulation  
absolute strength noun the maximum weight that a person can lift  
absorption noun the process of taking into the body substances such as proteins or fats that have been digested from food and enter the bloodstream from the stomach and intestines  
abstain verb to choose not to do something  
abstentious adjective tending not to eat or drink very much  
abstracting noun the skill of being able to assess a situation in a team game and draw on previous experience to decide a course of action  
abuse noun the harmful use of drugs or alcohol e verb to use something in an improper, illegal or harmful way  
academic sports psychology noun sports psychology that is theoretical and research-based  
açaí noun a berry with very high concentrations of essential fatty acids and anthocyanins, considered a superfood  
acapnia noun a medical condition marked by a deficiency of carbon dioxide in the blood and tissues  
accelerate verb to increase in speed. Opposite decelerate  
acceleration noun 1. the act of accelerating 2. the rate of change of velocity. Opposite deceleration 3. an outward force caused by a change in direction without a change in speed
acceleration sprinting noun a training exercise in which the athlete begins by jogging and gradually accelerates to a sprint

accelerative force noun the force exerted on a body when it travels at an increasing speed, which can lead to injuries such as whiplash

accelerometer noun an instrument or device for measuring acceleration, especially one in which a sensor converts acceleration into an electrical signal

access noun the easy availability of public sports facilities

accessible adjective suitable or adapted for people with disabilities

accessory nerve noun the eleventh cranial nerve which supplies the muscles in the neck and shoulders

acclimatisation noun the act of gradually getting your body used to something, e.g. heat or altitude

accommodating resistance noun the ability to exert maximum force on the muscles at all stages of a movement, usually achieved using specially adapted machines

accommodation principle noun the idea that someone attempting to learn a particular sport or skill should first develop general fitness and strength

accomplished adjective having considerable talent and skill

accomplishment noun something achieved, usually something impressive or aimed for

accredit verb to officially recognise a person or organisation as having met a standard or criterion

accredited adjective officially recognised as having met a standard or criterion

accuracy noun 1. the state of being correct 2. the state of being on target

accurate adjective 1. correct 2. on target

ace noun 1. (in tennis) a serve that an opponent cannot reach 2. (in golf) a hole in one 3. someone who is outstandingly good at a sport (informal)

acebutolol noun a drug that reduces the heart rate and the force of heart muscle contraction

acetabulum noun the part of the pelvic bone, shaped like a cup, into which the head of the femur fits to form the hip joint. Also called cotyloid cavity (NOTE: The plural is acetabula.)

acetic acid noun an acid used in weak dilutions to cool the skin and prevent excessive sweating

acetoacetate noun a ketone substance secreted by the liver which indicates a failure of metabolism

acetylcholine noun a substance that is released from the ends of some nerve fibres to transmit impulses to other nerve cells or to muscles

acetylcholinesterase noun an enzyme, present in blood and some nerve endings, that aids the breakdown of acetylcholine and suppresses its stimulatory effect on nerves

acetyl coenzyme A noun a coenzyme produced during the metabolism of carbohydrates, fatty acids and amino acids. Abbreviation acetyl CoA

achieved performance velocity noun velocity attained in competition, which depends on the athlete’s level of training, mental preparation and numerous other factors

achievement noun the successful completion of something demanding
achievement age noun the age at which a child should be able to perform a specific task successfully
achievement goal noun a personal goal that an athlete sets for himself or herself
achievement motivation noun the drive to attain a particular personal goal
achievement orientation noun the fact of being driven to achieve something either by a desire for success or by a fear of failure
achievement situation noun a competitive situation in which a goal can be achieved
achievement sport noun a sport in which the aim is to achieve some independent goal that does not purely depending on beating an opponent, e.g. archery
Achilles tendinitis noun pain and inflammation of the Achilles tendon usually caused by overexertion
Achilles tendinopathy noun pain in the Achilles tendon caused by injury or overstretching
Achilles tendon noun a tendon at the back of the ankle that connects the calf muscles to the heel and acts to pull up the heel when the calf muscle is contracted
acid noun a chemical substance that is able to dissolve metals
acidaminuria noun an excessive excretion of amino acids in urine
acid food noun any food that leaves an acid residue after being metabolised. Compare basic food
acidity noun the level of acid in a liquid. Also called acidosis 2
acidogenic adjective producing acids, or promoting the production of acids
acidosis noun 1. a medical condition in which there are more acid waste products than usual in the blood because of a lack of alkali 2. same as acidity
acid reflux noun same as gastric reflux
ACL abbreviation anterior cruciate ligament
acne noun an inflammation of the sebaceous glands during puberty which makes blackheads appear on the skin, which often then become infected and produce red raised spots
acoustic nerve noun the eighth cranial nerve which governs hearing and balance
acquired ageing noun ageing that occurs as a result of an unhealthy lifestyle
acquired motivation noun the motivation to achieve some personal goal that is not the result of a basic physiological need
acquisition noun the development of a new skill, practice or way of doing things
acrobat noun someone who performs gymnastic feats as entertainment
acrodermatitis enteropathica noun zinc deficiency
acromion noun the pointed top of the scapula, which forms the tip of the shoulder
ACSA abbreviation anatomical cross-sectional area
actin noun a protein that, with myosin, forms the contractile tissue of muscle
action noun 1. the way somebody or something moves or works, or the movement itself 2. energetic activity
action point noun the point at which a stretched muscle is fully extended and tense, but not painful
adaptogen

action potential noun a temporary change in electrical potential that occurs between the inside and the outside of a nerve or muscle fibre when a nerve impulse is sent

activation noun the process of getting into an alert state of readiness for action

activator noun any compound that stimulates enzymes

active adjective 1. lively and energetic 2. having an effect on a patient. Compare dormant 3. having a medicinal effect

active force noun a force that creates movement and is entirely a result of muscle activity. Compare impact force

active recovery noun rehabilitation from an injury in which gentle exercise is taken to maintain flexibility

active rest noun rest for a sports injury in which light exercises are performed, which maintains flexibility without causing more strain

active stretch noun a muscle stretch that requires an opposing muscle to contract, as in the relationship between a biceps and triceps

active transport noun a transfer of substances across a cell membrane for which energy is required

activity noun 1. something that someone does 2. the characteristic behaviour of a chemical

activity fragmentation noun an approach to learning a new skill that breaks the process down into fragments that are relatively easy to learn

activity level noun a measurement of the number and function of enzymes in the digestive tract

actomyosin noun a complex of actin and myosin formed in muscle cells during contraction

acupressure noun a form of alternative therapy similar to acupuncture that uses manual pressure instead of needles

acupuncture noun a medical treatment in which fine needles are inserted through the skin into nerve centres in order to correct imbalances in the body’s energy and so relieve pain or treat a disorder

acute adjective used for describing pain that is sharp and intense

acute injury noun an injury that has happened recently, usually requiring immediate treatment

acute toxicity noun a concentration of a toxic substance that is high enough to make people seriously ill

acute trauma certificate noun a qualification held by a healthcare professional who is trained to provide immediate care for sports injuries

adaptable adjective 1. able to adjust easily to a new environment or different conditions 2. capable of being modified to suit different conditions or a different purpose

adaptation noun the process by which a sense organ becomes less sensitive to a stimulus after repeated contact

adaptive training noun physical training that increases in difficulty as the athlete increases in strength or skill

adaptive work noun work done to acclimatise oneself to unfamiliar conditions, e.g. high temperatures or high altitudes

adaptogen noun a set of active ingredients in homeopathic remedies
addict noun a person who is addicted to a harmful drug
addicted adjective physically or psychologically dependent on a harmful substance
addiction noun physical or psychological dependence on a harmful substance

Addison’s disease noun a hormonal disorder in which the adrenal glands do not secrete enough cortisol, causing fatigue, weakness and weight loss

additive noun a chemical substance that is added to something, e.g. a chemical added to food to improve its appearance, smell or taste, or to prevent it from going bad
adducent adjective referring to a muscle which brings parts of the body together or moves them towards the central line of the body or a limb. Compare abducent
adduct verb to pull a leg or arm towards the central line of the body, or to pull a toe or finger towards the central line of a leg or arm. Opposite abduct
adduction noun movement of a limb towards the body. Opposite abduction

adductor noun a muscle that pulls a leg or arm towards the central line of the body or a toe or finger towards the axis of a leg or arm
adductor magnus noun the large muscle of the inner thigh
adenosine noun a compound, consisting of the base adenine and the sugar ribose, found in DNA, RNA and energy-carrying molecules such as adenosine triphosphate
adenosine diphosphate noun a chemical compound nucleotide involved in energy transfer reactions in living cells. Abbreviation ADP
adenosine triphosphate noun a chemical that occurs in all cells, but mainly in muscle, where it forms the energy reserve. Abbreviation ATP
adenylate kinase noun an enzyme involved in the formation of ATP
ADH abbreviation antidiuretic hormone
adherence noun the act of sticking to a routine or programme
adhesion noun a knot of muscle fibres stuck together
adhesive capsulitis noun a condition in which the two parts of the shoulder joint adhere together, restricting movement
adipectomy noun a surgical operation to remove subcutaneous fat
adipocyte noun a cell that synthesises and stores fat
adiponectin noun a hormone that affects energy homeostasis
adipose adjective fatty
adipose tissue noun tissue in which the cells contain fat
adipsia noun the absence of thirst
ad libitum adjective used for referring to food intake that is not controlled by a strict nutritional plan
adolescent growth spurt noun a period during the teenage years in which the skeleton grows rapidly, sometimes causing lack of coordination and weakness in the limbs
ADP abbreviation adenosine diphosphate
adrenal cortex noun the firm outside layer of an adrenal gland, which secretes a series of hormones affecting the metabolism of carbohydrates and water
adrenal exhaustion noun a condition in which the adrenal glands are constantly overworked and lose their ability to regulate hormone levels in the body
adrenal glands plural noun two endocrine glands at the top of the kidneys which secrete cortisone, adrenaline and other hormones

adrenaline noun a hormone secreted by the medulla of the adrenal glands that has an effect similar to the stimulation of the sympathetic nervous system. Also called epinephrine

adrenergic noun a substance that has a similar effect in the body to adrenaline

adrenoceptor noun part of the autonomic nervous system that produces a bodily response when stimulated by agonist substances

adrenocortical adjective relating to the cortex of the adrenal glands

adrenolytic adjective acting against the secretion of adrenaline

adrenoreceptor noun same as adrenoceptor

adventure sport noun a sport involving strenuous physical activity with an element of risk, e.g. bungee jumping

aerate verb same as oxygenate

aerobar noun a piece of equipment used for keeping the arms parallel during exercise

aerobic activity noun same as aerobic exercise

aerobic capacity noun same as VO2Max

aerobic exercise noun exercise such as walking, jogging, cycling and swimming that increases respiration and heart rates

aerobic fitness noun the ability to complete longer activities such as running, swimming or climbing that involve aerobic metabolism

aerobic glycolysis noun the breakdown of muscle glucose in the presence of oxygen to provide energy

aerobicise verb to perform aerobic exercises

aerobic metabolism noun the breakdown of carbon and fats into energy using oxygen

aerobic power noun same as VO2Max

aerobic respiration noun the process in which oxygen that is breathed in is used to conserve energy as ATP

aerobics noun an active exercise programme done to music, often in a class

aerobic threshold noun the heart rate during an exercise at which a training effect will be achieved, usually described as being halfway between the resting heart rate and the maximum heart rate

aerodynamic training noun training that increases the body’s capacity for aerobic exercise

aerodynamic adjective 1. used for referring to the way in which objects are affected when they move through the air 2. used for describing a smooth rounded shape that moves through the air easily

aerodynamics noun the science of dynamics and the interaction of moving objects with the atmosphere

aerofoil noun a part of an aircraft’s or other vehicle’s surface that acts on the air to provide lift or control

aerogastria noun a medical condition in which the stomach is distended by gas
Aertex a trade name for an open-weave fabric used in sportswear

aetiology noun the causes of a disease

affective adjective relating to emotional responses

affective sport involvement noun an emotional response to a sport that you are not playing, as occurs, e.g., when you are supporting a team

afferent adjective conducting liquid or electrical impulses towards the inside. Opposite efferent

afferent nerve noun same as sensory nerve

affiliated adjective in a close relationship with others

affiliation noun the process of bringing a person or group into a close relationship with another, usually larger group

affiliation incentive noun the desire to be part of a team and to feel accepted

afflux noun a flow inwards or towards a point, e.g. of blood towards a body organ

Afro-Asian Games plural noun a multi-sport event open to all African and Asian nations, first held in India in 2003

aftershock noun a delayed psychological or physical reaction to a serious event or trauma

against preposition in competition with in a sporting endeavour

ageism noun discrimination or prejudice against people of specific ages, especially in employment

agency noun the act of carrying out an action in a purposeful and voluntary way

agent noun somebody who officially represents somebody else in business, usually under contract

aggregate noun 1. the total obtained by adding subtotals together 2. a collection of pieces of information

aggression noun the state of feeling violently angry towards someone or something

aggressive adjective 1. describes a type of in-line skating, skateboarding, or snowboarding that focuses on performing stunts 2. used for describing medical treatment that involves frequent high doses of medication

agile adjective able to move quickly and with suppleness, skill and control

agility noun a combination of physical speed, suppleness and skill

agitated adjective anxious, nervous, or upset and unable to relax

agonist noun 1. a muscle whose action is balanced by that of another associated muscle 2. a hormone, neurotransmitter or drug that triggers a response by binding to specific cell receptors

agonist co-contraction noun a situation in which both the muscle involved in performing a movement and its antagonist contract simultaneously, thought to increase joint stability for strong movements

Aikido noun a martial art originating in Japan that involves throwing techniques that make use of an opponent’s momentum to perform the throw and may also involve some strikes

aim noun a goal or objective

air noun (in skateboarding, in-line skating and snowboarding) a trick performed with the whole board or both the skates off the ground
9 allergen

air splint noun a splint consisting of an inflatable cylinder that surrounds an injured limb

air sports noun all sports that take place in the air, including aeronautics, ballooning, paragliding and hang-gliding

airway, breathing, circulation noun the three main checks that should be performed during first aid for a person who has collapsed. Abbreviation ABC

airway management noun the act of ensuring that an injured person has a clear and unobstructed airway when giving immediate care

airway patency noun the fact that an airway is unobstructed and functioning normally

ALA abbreviation alpha-lipoic acid

alactic adjective used for describing metabolism that generates energy without producing lactic acid by using already-present stores of ATP

albumin solution noun a substance used for masking banned substance abuse

alcohol noun 1. a pure colourless liquid that is formed by the action of yeast on sugar solutions and forms the intoxicating part of drinks such as wine and whisky 2. any drink made from fermented or distilled liquid

alcoholic adjective containing alcohol a noun a person who is addicted to drinking alcohol and shows changes in behaviour and personality as a result of this addiction

alcohol intake noun the amount of alcohol consumed by a person during a given period such as a week

alcuronium noun a drug used as a muscle relaxant

aldosterone noun a hormone, secreted by the adrenal gland, that regulates the balance of sodium and potassium in the body and the amount of body fluid

alert adjective used for describing someone who takes an intelligent interest in his or her surroundings

alert, verbal, pain, unresponsive phrase full form of AVPU

alertness noun the state of being alert and ready to respond to stimuli

Alexander technique noun a method of improving the way a person stands and moves that involves making them much more aware of how muscles behave

alimentary system noun same as digestive system

alipogenic adjective not forming fat

alkalaemia noun an excess of alkali in the blood

alkali noun a substance that neutralises acids and forms salts

alkalinisation noun the act of ingesting an alkaline substance in order to raise the pH of body fluids and thereby reduce the likelihood of doping markers being detected by tests

alkalosis noun a condition in which the alkali level in the body tissue is high, producing cramps

All-Africa Games plural noun a multi-sport event open to all nations of the African continent, first held in 1965

all comers plural noun everyone who wants to participate in a competition or sport

allergen noun a compound that reacts with the proteins of the skin and mucous membranes of some people to cause rashes, irritation, asthma and other unpleasant symptoms

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allergic adjective having an allergy to something

allergy noun a sensitivity to particular substances that causes an unpleasant physical reaction

alley-oop noun 1. (in basketball) a play in which a player jumps up to receive a pass over the basket and immediately puts the ball into the net from above 2. (in basketball) a pass aimed to allow a player to jump up to receive it over the basket 3. (in snowboarding and surfing) a rotation of 180° or more made in the air while moving in an uphill or upwards direction 4. (in skateboarding) a trick performed in the opposite direction to which the skateboarder is moving

allogotrophia noun growth in one organ that occurs when nutrients from another organ leach into it

all-rounder noun somebody who is good at many things, especially in sports

all-star adjective made up of very famous and talented performers or players • noun a member of an all-star team

all-terrain boarding noun a form of skateboarding using a modified board with larger wheels that enables the rider to travel over all types of terrain, especially down mountain slopes

aloe vera noun a soothing, moisturising extract of the leaves of a species of aloe, used in medicines and cosmetics

alpha-1 receptor noun a receptor that causes vasoconstriction when stimulated

alpha-2 receptor noun a receptor that inhibits noradrenaline production when stimulated

alpha agonist noun a substance that stimulates alpha-1 and alpha-2 receptors

alpha-blocker noun a substance that reduces the effects of alpha-1 and alpha-2 receptors, used for treating vascular disorders and increase blood flow

alpha-lipoic acid noun a sports supplement that maintains insulin sensitivity. Abbreviation ALA

Alpine racing noun skiing races on steep courses, especially downhill and slalom events

Alpine skiing noun skiing on steep mountain courses, rather than across country

alprostadil noun a drug that causes vasodilation, used for treating heart complaints

also-ran noun a horse or other entrant in a race that does not finish in any of the winning places

alternate metabolism noun the ability to switch quickly between aerobic and anaerobic metabolism, essential for team sports players who need repeated bursts of energy

alternate test noun a test for alternate metabolism capacity that measures power output and blood lactate levels during a physical test

altitude noun the height of an object above sea level

altitude sickness noun a reduction in the amount of oxygen in body tissues caused by being at high altitudes, which may affect athletes performing abroad

altitude training noun training for athletes at altitude to acclimatise them and prepare them for competition

alveoli plural noun tiny thin-walled air sacs found in large numbers in each lung, through which oxygen enters and carbon dioxide leaves the blood
amateur *noun* 1. someone who does something for pleasure rather than payment 2. someone with limited skill in, or knowledge of, an activity

ambidextrous *adjective* used for describing a person who can use both hands equally well and who is therefore not right- or left-handed

ambulant *adjective* used for describing a disabled athlete who does not use a wheelchair

amenorrhoea *noun* the absence of one or more menstrual periods, usual during pregnancy and after the menopause

American football *noun* a game played in the United States by two teams of 11 players wearing shoulder padding and helmets who carry, throw and kick an oval ball, with points scored by carrying the ball into a zone at the opponent’s end of the field or by kicking the ball between vertical goalposts

AMI *abbreviation* athletic motivation inventory

amine *noun* any organic derivative of ammonia in which one or more hydrogen atoms is replaced with an alkyl group

amino acid *noun* a chemical compound that is broken down from proteins in the digestive system and then used by the body to form its own protein. *essential amino acids*

amino acid score *noun* same as *protein score*

amino acid supplement *noun* same as *protein supplement*

aminoaciduria *noun* the presence of abnormal levels of an amino acid in the urine

aminogram *noun* a diagram of the composition of an amino acid

amino group *noun* a group of substances that consists of amino acids and amines

aminopeptidase *noun* an enzyme that removes amino acids from a peptide or protein

aminophylline *noun* a drug that dilates the bronchioles to deliver more oxygen to the lungs, used for relieving asthma

ammonia *noun* a gas with an unpleasant smell that is easily soluble in water

ammonium salts *noun* a substance used as mild stimulant and diuretic

amortisation *noun* the act of exerting static strength while shifting between eccentric and concentric actions

amortisation phase *noun* the build-up phase prior to reaching the amortisation point

amortisation point *noun* the point at which an action changes from concentric to eccentric, or vice versa

amotivational syndrome *noun* a psychological condition characterised by a loss of the motivation to carry out socially accepted behaviours and tasks, usually associated with the use of marijuana

amphetamine *noun* a drug that stimulates the central nervous system, formerly used for treating depression and as an appetite suppressant

amphiarthrosis *noun* limited movement between bones that are connected by cartilage or ligaments, e.g. the vertebrae

amplitude *noun* *(in snowboarding)* the degree of height a rider can attain above the lip of a pipe
amputate

**amputate** *verb* to remove a limb or other appendage of the body, especially in a surgical operation

**amputee** *noun* a person who has had a limb or part of a limb removed for medical reasons

**amylaemia** *noun* an excess of starch in the blood

**amyloid** *noun* a non-nitrogenous food consisting mostly of starch

**amyloid plaque** *noun* a build-up of amyloids in bodily tissues, causing organ failure

**amyotonia** *noun* a lack of muscle tone

**amyotrophic** *adjective* characterised by degeneration of the muscles

**amyotrophy** *noun* a degeneration of the muscles caused by nerve disease

**anabolic** *adjective* building up muscle or tissue

**anabolic agent** *noun* a substance sometimes misused by athletes to increase muscle size

**anabolic steroid** *noun* a drug that encourages the synthesis of new living tissue, especially muscle, from nutrients

**anabolism** *noun* the part of metabolism that builds up muscle or tissue

**anaemia** *noun* a medical condition in which an unusually low level of red blood cells or haemoglobin makes it more difficult for the blood to carry oxygen, producing symptoms of tiredness and paleness of lips, nails and the inside of the eyelids

**anaemic** *adjective* having anaemia

**anaemotrophy** *noun* insufficient nourishment of the blood

**anaerobic capacity** *noun* the maximum amount of energy that can be produced by anaerobic metabolism

**anaerobic exercise** *noun* exercise that involves the exchange of energy in the muscles without the use of oxygen

**anaerobic glycolysis** *noun* the breakdown of muscle glucose without using oxygen to provide energy

**anaerobic metabolism** *noun* the breakdown of carbon and fats into energy without the presence of oxygen

**anaerobic power** *noun* same as **anaerobic capacity**

**anaerobic respiration** *noun* the series of biochemical processes which lead to the formation of ATP without oxygen

**anaerobic threshold** *noun* same as **onset of blood lactate accumulation**

**anaerobic training** *noun* training that increases the body’s capacity for anaerobic exercise

**analeptic** *noun* a stimulant drug such as caffeine

**analgesia** *noun* treatment to control pain

**analgesic** *noun* a painkilling drug

**Analysis and Performance in Sport** *noun* an area of sports science study, which deals with the factors affecting an athlete’s performance. Abbreviation **APS**

**anamnesis** *noun* someone’s medical history, especially given in their own words

**anaphylactic** *adjective* relating to or caused by extreme sensitivity to a substance
anaphylactic shock  noun a sudden severe, sometimes fatal reaction to something such as an ingested substance or a bee sting

anaphylaxis  noun 1. extreme sensitivity to a substance introduced into the body 2. same as anaphylactic shock

anatomical  adjective relating to the body, or to the structure of the body

anatomical cross-sectional area  noun the area of the largest cross-section of an individual muscle, measured using MRI scanning. Abbreviation ACSA

anatomical position  noun (in anatomy) the standard position of the body from which all directions and positions are derived, in which the body is assumed to be standing, with the feet together, the arms to the side, and the head, eyes and palms facing forward

anatomical short leg  noun, short leg

anatomy  noun 1. the structure of the body 2. the branch of science that studies the structure of the bodies of humans and animals

anchor  noun the team member who is responsible for the last leg in a relay race or who is at the back in a tug of war

androcentric  adjective concerning or emphasising men or male interests

androcentrism  noun the practice of giving male interests and actions more prominence, at the expense of females at a similar professional level

androgen  noun either of the male sex hormones testosterone and androsterone that increase the male characteristics of the body

androgenic steroid  noun a steroid that has a strong effect on testosterone production

androstenedione  noun a dietary supplement that increases testosterone production, energy, strength and muscle development (NOTE: Unwanted side effects include disruption of hormonal balance, leading to aggressive behaviour, mood swings and hair loss.)

androsterone  noun one of the male sex hormones

aneurin  noun same as vitamin B1

angina  noun a medical condition in which lack of blood to the heart causes severe chest pains

angina pectoris  noun same as angina

angiology  noun the branch of medicine that deals with blood vessels and the lymphatic system

angiotensin  noun a hormone that causes blood pressure to rise, formed in the blood by a series of processes that can be influenced by drugs

angle  noun the difference in direction between two lines or surfaces measured in degrees

angle of pull  noun the angle between the muscle acting on a particular bone and the bone itself

angle of release  noun the angle relative to the ground at which a ball is kicked, affecting its flight path

angular motion  noun a turning movement of a body around a fixed axis

anhydrosis  noun an unusually low production of sweat

animal heat  noun same as diet-induced thermogenesis

ankle  noun the joint that connects the foot to the leg
anklebone noun same as talus

ankle instability noun weakness in the ankle caused by previous injuries, increasing the likelihood of further sprains and fractures

ankle strap noun a supportive wrap that protects the ankle from injury during exercise

ankylose verb to cause bones to fuse and a joint to become stiff as a result of injury or disease, or intentionally through surgery, or to fuse and become stiff

ankylosis noun joint fusion or stiffness resulting in a loss of movement, caused by injury or disuse

annular ligament noun a ring-shaped ligament that surrounds an ankle joint or a wrist joint and holds other ligaments in place

annulus fibrosus noun the peripheral portion of the disc structure between vertebral in the back, consisting of fibrous cartilage

anorectic adjective suppressing the appetite

anorectic drug noun a medicine or supplement that suppresses the appetite

anorexia athletica noun compulsive overexercising, often a feature of eating disorders other than anorexia nervosa

anorexia nervosa noun a psychological condition, usually found in girls and young women, in which a person refuses to eat because of a fear of becoming fat

anorexigenic adjective same as anorectic

anoxaemia noun a deficiency of oxygen in the blood flowing through the arteries

anoxia noun a complete absence of oxygen from the blood and bodily tissues

anserine bursa noun a bursa in the knee that lies behind the pes anserinus

anterior superior iliac spine noun a bursa at the knee joint

anterior compartment noun a muscle compartment at the front of the lower leg

anterior cruciate ligament noun a ligament in the knee that connects the shin bone to the thigh bone, often torn in sports injuries. Abbreviation ACL

anterior dislocation noun dislocation of the shoulder joint in which the ball moves in front of the socket

anterior drawer test noun a test to assess ligament damage in the ankle, in which the joint is manipulated and bone movement assessed

anterior scalene noun a pair of muscles involved in tilting the neck

anthocyanin noun a water-soluble plant pigment responsible for blue, violet and red colours
anthropometer noun a device for measuring the dimensions of the human body
anthropometric adjective used for referring to statistical data that concerns the human body
anthropometry noun the gathering of physical data from people for the purposes of statistical analysis
antiadrenergic adjective counteracting the physiological effects of adrenaline
antibacterial adjective destroying bacteria
antibiotic noun a drug such as penicillin that is developed from living substances and stops the spread of microorganisms ■ adjective stopping the spread of bacteria
antibody noun a protein that is stimulated by the body to produce foreign substances such as bacteria, as part of an immune reaction
anticatabolism noun the prevention of the release of energy from food, which promotes muscle growth
anticholinergic noun a substance that is used for blocking the neurone receptors of acetylcholine
anticholinesterase noun a substance that blocks nerve impulses by reducing the activity of the enzyme cholinesterase
anticipate verb to realise what may happen and do what is necessary to prepare to deal with it
anticipation noun the process of realising what may happen and doing what is necessary to prepare to deal with it
anticoagulant noun a natural or synthetic agent that prevents the formation of blood clots
antidiscrimination adjective intended to combat unfair treatment of individuals or groups, especially treatment based on prejudice about ethnicity, physical abilities, age, gender or sexual preference
antidiuretic hormone noun a hormone secreted by the pituitary gland which reduces the amount of water excreted in urine in response to dehydration or exercise. Abbreviation ADH
antigen noun a substance that stimulates the production of antibodies, e.g. a protein on the surface of a cell or microorganism
antihypertensive noun a substance that lowers blood pressure
anti-inflammatory noun a drug that reduces inflammation, e.g. aspirin
antioxidant noun a substance that makes oxygen less damaging, e.g. in the body or in foods or plastics
antiperistalsis noun a movement in the oesophagus or intestine which causes their contents to move in the opposite direction to usual peristalsis, so leading to vomiting
antispasmodic adjective controlling spasms ■ noun a drug or other agent that controls muscle spasms
antithrombin noun a substance in the blood that inhibits the action of thrombin, preventing blood clots
anuria noun a failure to produce urine
anxiety noun the state of being very worried and afraid
anxiety-prone adjective tending to suffer from anxiety and stress
anxiolytic noun a substance that reduces anxiety
aorta noun the main artery in the body, which sends blood containing oxygen from the heart to other blood vessels around the body

aortic valve noun a valve with three flaps, situated at the opening into the aorta

aplasia noun the absence or partial development of an organ, part of an organ or tissue

Apley test noun a test for knee injury in which the lower leg is gently rotated in different directions

apnoea noun the act of stopping breathing (NOTE: The US spelling is apnea.)
apocrine gland noun any body-odour-producing gland in which parts of the gland’s cells break off with the secretions, e.g. a sweat gland

aponeurosis noun a band of tissue that attaches muscles to each other

apophysitis noun inflammation of an apophysis

appendicular adjective referring to body parts which are associated with the arms and legs

apperceive verb to analyse a situation using previous experience of similar situations, and react accordingly

apperception noun the ability to analyse a situation using previous experience of similar situations

appetite noun the feeling of wanting food

appetite suppressant noun a drug such as amphetamine that makes the user feel less hungry

apple-shaped adjective used for describing a person with a body that has fat deposits mostly around the abdominal area

applied psychology noun the branch of psychology in which theory is applied to real-life situations, e.g. in a training situation or in a medical setting

applied sports psychology noun sports psychology that involves the practical application of general theories in order to help individual athletes

appraisal noun a test to assess the site and severity of injuries, performed by manipulating a patient’s joints to see whether this causes pain

approach noun 1. a way of dealing with a problem 2. in golf, a shot made from the fairway towards a green 3. same as approach shot

approach shot a verb 1. in golf, to make a shot from the fairway towards a green 2. in tennis, to come in towards the net

approach shot noun in tennis, a shot hit deep into the opponent’s court, designed to give the player time to approach the net for the next shot

apraxia noun a condition in which someone is unable to make proper movements

APS abbreviation Analysis and Performance in Sport

aptitude noun 1. a natural tendency to do something well, especially one that can be further developed 2. quickness and ease in learning

aquaplane noun a water-skiing board on which someone stands while being towed by a motorboat

aquarobics noun aerobic exercises done to music in a swimming pool

aquatics noun sports played in or on water

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17

**aqua training** noun exercise carried out in water, designed both to support joints and also provide additional resistance

**arch** noun any of the several curved arrangements of bones and ligaments that form the foot, especially the medial arch on the inside of the foot

**archery** noun the activity of shooting with a bow and arrow

**arch pain** noun pain in the ligaments forming the medial arch of the foot, caused by activities such as running in unsupportive shoes

**arch supports** plural noun same as *orthotics*

**arena** noun an indoor or outdoor area surrounded by seating for spectators, where shows or sports events take place

**arginine** noun an amino acid that helps the liver form urea

**arm** noun the part of the body from the shoulder to the hand, consisting of the upper arm, the elbow and the forearm

**arm blaster** noun a piece of weightlifting equipment that holds the elbows in place during biceps curls

**arm extension** noun a backwards or downwards movement of the arm from the shoulder joint

**arm flexion** noun a forwards or upwards movement of the arm from the shoulder joint

**arm horizontal extension** noun a backwards horizontal movement of the arm from the front to the side of the body

**arm horizontal flexion** noun a forwards horizontal movement of the arm from the side to the front of the body

**arm preference** noun the tendency to favour one arm over another when performing particular movements

**arnica** noun a liquid preparation made from the dried flower heads of the perennial plant *Arnica montana*, used for treating bruises and sprains

**Arnold press** noun a type of dumbbell lift designed to work out the shoulders

**aromatherapy** noun the use of oils extracted from plants to alleviate physical and psychological disorders, usually through massage or inhalation

**arousal** noun (in performance theory) a stimulation that causes a person to perform

**arrested progress** noun a point in the process of learning a skill at which a plateau is reached and further progress is a struggle

**arrhythmia** noun a variation in the rhythm of the heartbeat

**arterial plaque** noun a build-up of cholesterol on the walls of arteries, leading to arteriosclerosis

**arteriole** noun a very small artery

**arteriosclerosis** noun a medical condition in which calcium deposits in the arteries cause them to harden

**artery** noun a blood vessel that takes blood from the heart to the tissues of the body

**arthalgia** noun pain in a joint

**arthrectomy** noun the surgical removal of a joint

**arthritis** noun a painful inflammation of a joint. See *osteoarthritis*, *rheumatoid arthritis*, *reactive arthritis*

**arthrodesis** noun the fusion of two or more bones at a joint, restricting its movement

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arthrodia 18

arthrodia noun movement of a joint in which one surface slides along another, as occurs between the vertebrae

arthrogram noun an x-ray image of a joint taken using arthrography

arthrography noun a method of x-raying joints in which air or coloured liquid is injected in order clearly to show up defects

arthropathy noun any disorder of a joint

arthroplasty noun a surgical operation to repair or replace a joint

arthroscope noun a medical instrument that is inserted into a part of the body and sends an image to an outside monitor, used for diagnosing injuries

arthroscopy noun a surgical examination of the inside of the body using an arthroscope

arthrosis noun the degeneration of a joint

articulate adjective relating to joints

articular capsule noun same as joint capsule

articular cartilage noun a layer of cartilage at the end of a bone where it forms a joint with another bone

articular fibrocartilage noun discs of cartilage such as those between the vertebrae

articulate verb to be linked with another bone in a joint

articulation noun a joint in the body

artificial limb noun same as prosthesis

artificial resuscitation noun any method of forcing air into the lungs of a person who has stopped breathing, especially the method that involves blowing air into the mouth

asana noun a posture used in yoga

asceticism noun self-restraint and self-denial, especially in pursuit of a long-term goal

ascorbic acid noun vitamin C, found in fresh fruit

ASEAN ParaGames plural noun a multi-sport event for disabled athletes in association with the Southeast Asian Games, held directly afterwards

Ashes noun (in cricket) the trophy awarded to the winner of a series of test matches between England and Australia, or the name given to the series itself

ashtanga yoga noun a dynamic form of yoga that focuses on synchronising the breathing with each exercise to increase circulatory benefits

Asiad noun same as Asian Games

Asian Games plural noun a major multi-sport event that is open to athletes from all Asian nations and takes place every four years

aspartate noun an amino acid salt used as an ergogenic agent

aspiration noun the action of breathing food particles into the lungs when eating

aspirational adjective showing a desire or ambition to achieve something, especially self-improvement or material success

aspire verb to seek to attain a goal

assault course noun an area of land on which there are various obstacles to be climbed over, crawled under, and run through, used by soldiers for training and keeping fit

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assertive \textit{adjective} confident in stating a position or claim

assess \textit{verb} to consider something carefully to make a judgment about it

assessment \textit{noun} 1. careful consideration of something to make a judgment about it
2. a judgment based on evidence

assimilation \textit{noun} the process in which the body takes in food substances or other nutrients

assist \textit{noun} an act by a player in a sport that enables another member of the team to score or achieve a successful defensive move

assistant mover \textit{noun} a muscle that is not the main muscle involved in a movement but provides a small amount of extra power or stability

assistant referee \textit{noun} either of two people who help the referee at a football match and whose opinion may be sought if the referee is unsure

assisted stretching \textit{noun} stretching using a partner to provide movement and balance that cannot be achieved by one person alone

associative \textit{adjective} used for describing the attentional style of an athlete who tends to focus more on internal stimuli

associative coping, associative strategy \textit{noun} a method of blotting out external distractions during competition by concentrating on your own thoughts and feelings

associative stage \textit{noun} the middle stage of skill acquisition in which the sequence of movements has been learned but must be consciously refined though coaching

associator \textit{noun} a type of athlete who needs to blot out external distractions for an extended period, e.g. a long-distance runner

astasia \textit{noun} a severe lack of motor coordination resulting in an inability to stand upright

A-state \textit{noun} an individual’s response to a particular stressful situation, such as competing in a sport

astatic \textit{adjective} unsteady because of poor muscle coordination

asthenic \textit{adjective} used for describing someone who has a slender and lightly muscled build

asthma \textit{noun} a lung condition, characterised by narrowing of the bronchial tubes, in which the muscles go into spasm and the person has difficulty breathing

asymptomatic \textit{adjective} used for describing an injury or condition that does not present any symptoms

asynergy \textit{noun} a failure of coordination between different muscle groups so that delicate, skilled, or rapid movements become impossible

ataxia \textit{noun} a failure of the brain to control movements

ataxiometer \textit{noun} a device for measuring a person’s ability to balance

atenolol \textit{noun} a drug used for the management of high blood pressure and angina

atheroma \textit{noun} a fatty deposit that causes atherosclerosis

atherosclerosis \textit{noun} a condition in which deposits of fats and minerals form on the walls of an artery, especially the aorta or one of the coronary or cerebral arteries, and prevent blood from flowing easily. Also called coronary thrombosis

athlete \textit{noun} 1. someone who has the abilities necessary for participating in physical exercise, especially in competitive games and races 2. a competitor in track or field events

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athlete profile noun a table of an athlete’s key characteristics, used for devising training plans

athlete’s foot noun an infectious skin disorder between the toes, caused by a fungus. Also called tinea pedis

athlete’s kidney noun a condition found in some athletes who suffer repeated blows to the abdomen, in which the kidney is jarred and blood is found in the urine

athletic adjective 1. relating to athletes, athletics or other sports activities 2. used for describing a body type with a large skeletal structure and strong muscles 3. used for describing a sports player who is faster or more agile than his or her opponent

athletic amenorrhoea noun the absence or irregularity of menstrual periods as a result of intense exercise, causing hormone levels to fluctuate

athleticism noun the fact of being athletic

athletic motivation inventory noun a list of qualities thought to be desirable in a potential athlete, e.g. openness to instruction, determination, self-control and the ability to work in a team. Abbreviation AMI

athletic pubalgia noun a tear in the muscles of the lower abdomen, caused by repeated bending and stretching

athletics noun 1. sports activities carried out on a field, e.g. discus, high jump and long jump, or on a track, e.g. running 2. the methods, systems and principles of training and practice for athletic activities 3. US activities such as sports and exercises that require physical skill and strength

Atkins diet noun a plan to help people lose weight that suggests that they should eat a lot of protein and fat but little carbohydrate

atlas noun the topmost vertebra of the neck, above the axis, that connects the spine to the skull

atonic adjective displaying a lack of muscle tone or tension

atony noun a lack of tone or tension in the muscles

ATP abbreviation adenosine triphosphate

A-trait noun the personality trait that is a tendency to panic when put under stress

atrial natriuretic peptide noun a hormone released by the atria in response to elevated blood pressure that suppresses aldosterone and causes vasodilation, thereby decreasing blood pressure

atrioventricular node noun a mass of conducting tissue in the right atrium of the heart, which continues as the atrioventricular bundle and passes impulses from the atria to the ventricles. Also called AV node

atrium noun 1. one of the two upper chambers in the heart 2. a cavity in the ear behind the eardrum (NOTE: The plural is atri.a.)

atrophy noun the process of wasting away because of a lack of nutrients

attack verb to attempt to defeat, or score against, an opponent in a competitive game or sport

attention noun special care or treatment

attentional focus noun the ability to notice relevant stimuli in a performance situation and to ignore others that may be distracting

attentional style noun the stimuli to which a particular athlete pays attention, whether external, e.g. crowd noise or the presence of other athletes, or internal, e.g. the athlete’s own feelings and physical sensations

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attenuation noun a reduction in the effect or strength of something such as a virus, either because of environmental conditions or as a result of a laboratory procedure
attribute noun same as quality
audience noun a group of people assembled to watch and listen to an event
audience effect noun the effect that being watched while performing has on an athlete
auditory nerve noun same as vestibulocochlear nerve
Australian Rules noun an Australian game resembling rugby, played on an oval pitch with 18 to a team and a large oval ball that can be punched, kicked or carried
autochthonous adjective used for describing a physical function or disorder that originates in the part of the body where it is found
autogenic training noun a method of relieving stress by using meditation and other mental exercises to produce physical relaxation
autonomic adjective governing itself independently
autonomic nervous system noun the nervous system formed of ganglia linked to the spinal column, which regulates the automatic functioning of the main organs such as the heart and lungs and works when a person is asleep or even unconscious, \(^{\text{para}}\) sympathetic nervous system, sympathetic nervous system
autonomous stage noun the last stage of skill acquisition in which the sequence of movements has been learned and refined and becomes unconscious
autotransfusion noun a blood transfusion using the patient’s own blood, as in blood doping
auxology noun the study of human physical growth and development
auxotonic adjective occurring against increasing force as part of a muscle contraction
avascular necrosis noun a condition in which tissue cells die because their supply of blood has been cut
avena sativa noun a stimulant and nutritive supplement
average noun a measure of a player’s or team’s achievement, reached by dividing the number of opportunities for successful performances by how many times a successful performance was achieved
average heart rate noun heart rate shown as an average over the course of a particular activity
avitaminosis noun a disease caused by deficiency of a specific vitamin
AV node noun same as atrioventricular node
AVPU noun a scale of responsiveness applied on a person who has suffered a head injury, namely Alert, in which the person is fully conscious, Verbal, in which the patient responds to verbal stimuli, Pain, in which the patient responds to painful stimuli, and Unresponsive, in which the patient does not respond to any stimuli
avulsion noun the painful separation of a muscle from its attachment at the bone
avulsion fracture noun a bone fracture caused by the avulsion of an attached muscle
awareness noun the fact of being aware of something, e.g. of a change in an opponent’s position or mood
away game noun a match played at a ground that is not the team’s own ground
awkwardly adverb in a way that puts the body in an unnatural or painful position and seems likely to cause injury
axial 22

**axial** *adjective* referring to an axis

**axis** *noun* 1. an imaginary line through the centre of the body 2. the second vertebra of the neck, below the atlas, connected to the skull

**axon** *noun* a nerve fibre that sends impulses from one neuron to another, linking with the dendrites of the other neuron

**axon terminal** *noun* the end of an axon that touches the dendrite of a neighbouring cell to allow signals to be sent between the two

**ayurvedic medicine** *noun* a traditional Hindu system of healing that assesses someone’s constitution and lifestyle, and recommends treatment based on herbal preparations, diet, yoga and purification

**azygous** *adjective* single and not forming one of a pair
**B**

**noun** a human blood type of the ABO system, containing the B antigen. Someone with this type of blood can donate to people of the same group or of the AB group, and can receive blood from people with this type or with type O.

**back** **noun** 1. the part of the body from the neck downwards to the waist, consisting of the spine and the bones attached to it 2. the side that is opposite to the front 3. a player in sports such as football or hockey whose role is mainly to prevent the other team from scoring **verb** to bet money on the person, team or animal thought likely to win a race or competition

**backache** **noun** pain in the back, often without a specific cause

**back bend** **noun** an exercise in gymnastics in which a person bends over backwards from a standing position until the hands touch the floor

**backboard** **noun** (in basketball) the vertical board situated behind the basket that serves to rebound the ball into the basket or onto the court. Also called **board**

**back check** **verb** (in ice hockey) to skate back towards your own goal while trying to block an opponent with the body or a stick

**back extension** **noun** an exercise in which the upper body overhangs a platform, with the body face down, and is moved up and down using the back muscles, like a reverse sit-up

**backfield** **noun** (in American football) the area of the playing field behind the line of scrimmage

**backflip** **noun** a backward midair somersault with the arms and legs extended, performed in gymnastics, diving and board sports such as skateboarding and snow-boarding

**backhand** **noun** in tennis and other racket games, a stroke made with the back of the hand turned towards the ball or shuttlecock as the arm moves outwards from a position across the body **verb** to hit the ball with a backhand

**back pass** **noun** in football, a pass from an outfield player back to the goalkeeper. Goalkeepers are forbidden to handle back passes with their hands.

**back-pedal** **verb** to move the pedals of an exercise bike in the opposite direction to normal, in order to change the muscle groups being exercised

**backspin** **noun** the movement of a ball that spins backwards as it travels forwards, usually imparted by hitting the lower half of the ball

**back stop** **noun** a screen or barrier to stop a ball travelling out of the playing area
backstroke noun a method of swimming on the back in which the swimmer makes circular backward movements with each arm alternately while kicking the legs rhythmically up and down

back support noun a supportive wrap that protects the back from injury during exercise

backswing noun the backward movement of a player’s club, bat or racket away from the eventual point of contact with the ball in preparation for playing the actual stroke

bad cholesterol noun cholesterol that is transported towards cells and tissue by low density lipoprotein (informal)

badminton noun an indoor game in which rackets are used to hit a shuttlecock back and forth across a high net

BADS abbreviation biologically active dietary supplement

baguazhang noun a Chinese martial art in which each movement is based upon the movements of one of 8 animals

bail noun (in cricket) either of the two short pieces of wood laid on top of the stumps to make the wicket

Baker’s cyst noun a fluid swelling in the back of the knee caused by injury

balance noun 1. the act of staying upright and in a controlled position, not stumbling or falling 2. a state of emotional and mental stability in which somebody is calm and able to make rational decisions and judgments 3. the proportions of substances in a mixture, e.g. in the diet

balance beam noun US same as beam

balanced diet noun a diet that contains the right quantities of basic nutrients

balanced tension noun the theory that a low level of stress can be beneficial to an athlete’s performance

Balance of Good Health noun a piechart representation of the proportions in which food groups should be consumed for health

ball noun 1. an object, usually round in shape and often hollow and flexible, used in many games and sports in which it is thrown, struck or kicked 2. the soft part of the hand below the thumb 3. the soft part of the foot below the big toe

ball-and-socket joint noun a joint such as the hip joint in which a bone with a rounded end fits into a concave area of the adjoining bone, allowing a wide range of movement

ballboy noun a boy who retrieves balls that go out of play during a tennis match and delivers them to the server when required

ballet noun a form of dance characterised by conventional steps, poses and graceful movements including leaps and spins

ball game noun 1. any game played with a ball 2. US a game of baseball

ballgirl noun a girl who retrieves balls that go out of play during a tennis match and delivers them to the server when required

ball hog noun (in team sports) a player who dominates the ball and does not allow other members of the team the opportunity to play

ballistic adjective relating to the movements of objects propelled through the air

ballistic movement noun a fast and intense movement involving a rapid muscular contraction

ballistics noun the study of movement, particularly of the trajectory of a flying object
ballistic stretching noun stretching using the momentum of a ballistic movement to enhance the effects, not recommended for most people as it carries a high risk of injury

balneotherapy noun physical therapy using immersion in water

bandage noun a long strip of thin or elasticsated fabric that is wrapped around a wound or injured part of the body to protect or support it

bandaging noun same as taping

bandy noun a sport played on ice with sticks, similar to ice hockey but with rules close to those of football

Bankart lesion noun a tear to the labrum of the shoulder joint caused by repeated violent movement of the arm

banned substance noun a performance-enhancing substance, e.g. a steroid, stimulant or hormone, that professional athletes may not use (NOTE: Banned substances are detected in drugs testing, and usually lead to the athlete being disqualified from competition.)

bantamweight noun (in professional boxing) a weight category for competitors who weigh between 51 and 53.5 kg or 112 and 118 lb

barbell noun a metal bar with removable weights at each end, used in weightlifting

barbell curl noun a curl performed with both arms holding a barbell

barbell shrug noun an exercise in which a barbell is held with the arms loosely hanging at the front of the body, and the shoulders are slowly raised and lowered

barbiturate noun a drug with sedative and hypnotic properties

bariatrics noun the medical treatment of obesity

baroreceptor noun any of a group of nerves near the carotid artery that sense changes in blood pressure

barotrauma noun pain caused by pressure disturbances inside the ear canal, suffered by scuba divers

basal ganglia plural noun masses of grey matter at the base of each cerebral hemisphere that receive impulses from the thalamus and influence the motor impulses from the frontal cortex

basal metabolic rate noun the amount of energy used by the body in exchanging oxygen and carbon dioxide when at rest, formerly used as a way of testing thyroid gland activity. Abbreviation BMR

base noun 1. in baseball, one of the four corners of the diamond-shaped infield that a batter must touch in order to score a run 2. a substance that reacts with an acid to form a salt

baseball noun 1. a game played with a bat and ball by two teams of nine players on a field with four bases marking the course the batters must take to score runs 2. a hard leather-covered ball about 23 cm in circumference, used in the game of baseball

base hit noun in baseball, a hit that enables the batter to reach a base safely

base-jump verb to participate in the sport of basejumping

basejumping noun the extreme sport of parachuting from the tops of very tall natural objects or constructions such as cliffs, towers or buildings

baseline noun 1. a boundary line at each end of a court that marks the limit of play in tennis, badminton or basketball 2. on a baseball field, a line running from home plate to first base and from home plate to third base, and extending into the outfield as foul lines
in baseball, the area within which a base runner must stay when running between bases, the point from which change can be measured.

**BASES**

**abbreviation**

British Association of Sport and Exercise Sciences

**base training**

noun general athletic training designed to improve overall fitness.

**basic food**

noun a type of food that leaves an alkaline residue after being metabolised. Compare acid food.

**basic skill**

noun a simple skill such as running, jumping or hand-eye coordination that is a basic requirement for involvement in many sports.

**basket**

noun

1. (in basketball) a mounted horizontal metal hoop with a hanging open net, through which a player must throw the ball in order to score.

2. (in basketball) a goal scored by throwing the ball through the basket, which is worth 1, 2 or 3 points depending on circumstances.

**basketball**

noun

1. a game played by two teams of five players who score points by throwing a ball through a basket mounted at the opponent’s end of a rectangular court.

2. a large round ball of the type used in the game of basketball.

**bat**

noun

1. an implement of varying shape used for striking the ball in many sports, e.g. cricket, table tennis and baseball.

2. a heavy stick or wooden club.

3. (in cricket) a batsman.

**baths**

plural noun reservoirs of water of various temperatures, sometimes with added minerals, in which the body is submerged for therapeutic purposes.

**baton**

noun a short stick or hollow cylinder passed by each runner in a relay team to the next runner.

**baton change**

noun the transfer of the baton in a relay race from one member of a competing team to the next runner.

**batsman**

noun

1. (in cricket or baseball) a player who is batting.

2. a cricket player who specialises in batting, rather than bowling or fielding.

**batter**

noun especially in baseball, a player who bats.

**batting**

noun

(in cricket or baseball) the action or ability of a player or team that hits with a bat.

**batting average**

noun US (in baseball) a measure of a batter’s performance, calculated by dividing the total of base hits gained in a given period by the number of times at bat.

**BCAA**

abbreviation branched-chain amino acid.

**beam**

noun

1. a long thick solid bar used as a support.

2. a narrow shaft of light or radiation.

3. a narrow horizontal wooden bar on legs that women gymnasts stand on to perform balancing exercises.

**beats per minute**

noun the number of heartbeats occurring within one minute. Abbreviation BPM.

**beef**

noun muscular strength or effort (informal).

**beef protein**

noun isolated meat protein from beef, used as a bodybuilding supplement, to provide iron and to enrich other meats.

**beefy**

adjective strong and muscular (informal).

**beginner**

noun someone who has just started to learn or do something.

**behavioural anxiety**

noun anxiety that is expressed through a person’s behaviour.
behavioural coaching noun skills coaching in which the athlete is given a breakdown of the components of the skill, with positive personal feedback as they master each part

behavioural medicine noun the interdisciplinary study of behavioural, psychosocial and biomedical knowledge relevant to the understanding of health and illness

behavioural sciences noun the study of human behaviour

behaviourism noun an approach to psychology that focuses on a person’s behavioural responses to stimuli and the reasons for these

behaviour modification noun a formal method of changing somebody’s habits and long-term behavioural patterns through education and guidance

behaviour therapy noun a form of psychotherapy with the goal of observable changes in problem behaviour rather than changes in mental state

belief noun confidence that someone or something is good or will be effective

belly noun the abdomen or the stomach (informal)

belt noun 1. a belt awarded to a sports competitor, especially in boxing or the martial arts, as a trophy or a sign of having attained a particular grade 2. somebody awarded a particular belt for an achievement, usually in boxing or one of the martial arts

bench noun 1. a long seat in a gym, used for lying on when doing exercises 2. a seat for a rower in a boat 3. in team sports, the seats for players not taking part on the field or court 4. the officials and players who are not taking part on the field or court e verb in team sports, to exclude or remove a member of a sports team from play

bench press noun an exercise in which a person lies on his or her back on a bench and lifts weights straight upwards from the chest

bench-press verb to be able to lift a particular weight in a bench press exercise

bend verb to curve from a straight shape

benefit noun something that has a good effect or promotes wellbeing

benign adjective generally harmless

Bennett’s fracture noun a fracture of the first metacarpal, the bone between the thumb and the wrist

benzodiazepine noun a mild anxiolytic used by sportspeople

Bernoulli effect noun the difference in air pressure on either side of a spinning ball, which causes it to curve in the air

best noun 1. someone or something of the highest quality or standard 2. the highest quality or standard that someone or something is capable of 3. the best time or score that someone has achieved in a sport or game

beta-1 agonist noun a substance that stimulates the beta-1 receptors

beta-1 receptor noun a receptor that causes the heart to beat more strongly when stimulated

beta-2 agonist noun a substance that stimulates the beta-2 receptors

beta-2 receptor noun a receptor that causes vasodilation when stimulated

beta-blocker noun a drug that reduces the effects of beta-1 and beta-2 receptors, sometimes misused by athletes to produce a calming effect

beta carotene noun an orange or red pigment in carrots, egg yolk and some oils, converted by the liver into vitamin A

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betting shop

beta-hydroxy beta-methylbutyrate noun a metabolite of leucine, used by body-builders to increase muscle gain. Abbreviation HMB

betting shop noun a shop or office that is licensed to take bets on the results of races and other sporting activities

BFC abbreviation body fat composition

BIA abbreviation bioelectrical impedance analysis

biacromial breadth noun an anthropometric measure of shoulder width

biarticulate adjective used for describing a muscle that spans two joints

biathlon noun a competition that combines cross-country skiing with rifle shooting at targets along the course

biaxial joint noun a joint that allows movement on two planes

bicarbonate loading noun the practice of taking large quantities of an alkali in order to neutralise lactic acid in the body and so slow fatigue

biceps noun any muscle formed of two parts joined to form one tendon, especially the muscles in the front of the upper arm biceps brachii and the back of the thigh biceps femoris. & triceps (NOTE: The plural is biceps.)

biceps brachii noun the muscle at the front of the upper arm that bulges when contracted

biceps curl noun a curl performed with one arm, which contracts the biceps brachii muscle

biceps femoris noun a muscle in the side and back of the thigh that flexes the knee

bicapital adjective 1. relating to a biceps muscle 2. consisting of two parts

bicapital tendinitis noun inflammation of the tendon connecting the biceps brachii to the scapula, caused by repeated overarm movements

bicuspid valve noun same as mitral valve

bicycle noun a vehicle with two wheels and a seat that is moved by pushing pedals with the feet, and steered by handlebars at the front wheel ■ verb to travel by bicycle

bicycle motocross noun full form of BMX

bike noun same as bicycle

bikram yoga noun a form of yoga performed in a hot room to relax muscles and joints and also increase detoxification through sweating

bilateral adjective affecting both sides

bilateral integration noun the use of both sides of the body at once to perform a smooth and coordinated movement

biliocristal breadth noun an anthropometric measure of waist width

billiards noun an indoor game in which a felt-tipped stick is used to hit balls across a cloth-covered table into pockets

billiard table noun a rectangular table covered in smooth, close-fitting cloth, on which the game of billiards is played

binding noun one of the fastenings on a ski or snowboard that hold the ski to the boot

binge drinking noun the consumption of an excessive amount of alcohol in a short period of time for the purpose of becoming drunk

binge eating noun uncontrolled eating, especially when caused by bulimia
bingle eating disorder *noun* a psychiatric disorder in which the person has a compulsion to overeat, but does not purge afterwards

binge-purge syndrome *noun* any disorder in which binging is followed by purging, e.g. bulimia

bioactive *adjective* producing an effect in living tissue or in a living organism

bioactivity *noun* the effect that a substance or agent has on an organism or living tissue

bioassay *noun* a test of the strength of a drug, hormone, vitamin or serum in which its effect on living animals or tissue is examined

bioavailability *noun* the extent to which a nutrient or medicine can be taken up by the body

bioavailable *adjective* used for describing the extent to which a nutrient or medicine can be taken up by the body

biochemical *adjective* relating to biochemistry

biochemistry *noun* the chemistry of living tissues

bioelectrical impedance analysis *noun* an accurate method of measuring body fat using an electrical current. Abbreviation BIA

bioenergetics *noun* a method of studying and understanding the human personality in terms of the body and its energetic processes, based on the belief that the body and the mind are functionally closely related

biofeedback *noun* the control of the autonomic nervous system by someone’s conscious thought, as he or she sees the results of tests or scans

bioflavonoid *noun* any of various complex chemicals that are widely found in fresh raw fruits and vegetables, thought to protect the body’s stores of vitamin C

biologically active dietary supplement *noun* a substance used for enriching food that contains nature-identical compounds in a concentrated form. Abbreviation BADS

biological value *noun* a measure of protein quality, expressed as the amount of it that is absorbed and retained in the body. Abbreviation BV

biomarker *noun* a distinctive indicator of a biological or biochemical process, e.g. a chemical whose occurrence shows the presence of a disease

biomaterial *noun* any material that performs, aids or replaces a natural function, e.g. one used as a medical implant

biomechanical analysis *noun* the assessment of the proper use of techniques in sport and exercise

biomechanics *noun* the study of body movements and of the forces acting on the musculoskeletal system, used in sport for analysing complex movements to improve efficiency and help avoid injury

biomedicine *noun* 1. the use of the principles of biology, biochemistry, physiology and other basic sciences to solve problems in clinical medicine 2. the study of the body’s ability to withstand unusual or extreme environments

bionic *adjective* used for of a replacement human organ or limb, created using bionics

bionics *noun* the enhancement or replacement of human organs or limbs using modern technology, e.g. the provision of artificial limbs

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biorhythm noun a regular process of change that takes place within living organisms, e.g. sleeping, waking or the reproductive cycle (NOTE: Some people believe that biorhythms affect behaviour and mood.)

bioscience noun a science that studies structures, functions, interactions or other aspects of living organisms, e.g. biology, ecology, physiology or molecular biology

biotin noun a type of vitamin B found in egg yolks, liver and yeast

bipennate adjective referring to a muscle with fibres which rise from either side of the tendon

birdie noun (in golf) a score in which the ball is hit into the hole using one stroke fewer than the accepted standard number of strokes (par) for that hole

black belt noun 1. a belt worn by someone who has reached a high level of skill in a martial art such as judo or taekwondo 2. someone at a high level of skill in a martial art, entitled to wear a belt that is black

black box model noun same as behaviourism

black eye noun an area of bruising around a person’s eye

black heel noun same as calcaneal petechiae

black out verb to have sudden loss of consciousness

blackout noun a sudden loss of consciousness (informal)

blanket finish noun a situation in which the runners in a race finish very close to one another

bleachers plural noun US 1. seats in an uncovered area of a sports stadium 2. retractable tiered benches for spectators in an indoor sports arena

blinder noun an outstanding performance in a sport (informal)

blind side noun (in rugby) the side of the field that lies between a scrum and the nearer touchline

blindside 360 noun (in wakeboarding and snowboarding) a 360-degree turn in which the rider is facing away from and unable to see either the takeoff or the landing point

blind testing noun a way of testing the efficacy of supplements using a test group and a control group for the purposes of comparison

blister noun a swelling on the skin containing serum from the blood, caused by rubbing, burning or a disease such as chickenpox

blitz verb (informal) 1. to defeat a person or team overwhelmingly in a game 2. to concentrate a lot of effort on something to get it done

block noun 1. the act of stopping a function 2. something that causes an obstruction 3. starting blocks

blocked practice noun practice of a particular skill over and over until it is mastered, with no interruption, before moving on to the next skill

blocked skill noun a skill that cannot be mastered for psychological reasons or because of an injury impeding the appropriate body movements

blocker noun a substance that blocks an action. α alpha-blocker, β beta-blocker

blood noun a red liquid moved around the body by the pumping action of the heart

blood chemistry test noun a test of the level of a particular substance in the blood, usually a performance-enhancing drug

blood cholesterol noun the concentration of cholesterol in the bloodstream (NOTE: A high concentration can cause coronary heart disease.)
boccia

blood clot noun a thick mass of coagulated blood
blood clotting noun the process by which blood changes from being liquid to being semi-solid and so stops flowing
blood doping noun the banned practice of reinjecting an athlete with his or her own red blood cells shortly before a competition in order to enhance performance. Also called blood retransfusion
blood flow noun same as circulation
blood glucose noun sugar in the form in which it is carried in the blood, an excess of which can indicate diabetes
blood group noun same as blood type
blood homocysteine noun the concentration of homocysteine amino acids in the blood stream
blood lactate noun same as lactate
blood-pooling noun a situation in which blood collects in extremities, e.g. fingers or toes, and is not returned to the heart, resulting in a drop in blood pressure
blood pressure noun the pressure, measured in millimetres of mercury, at which the blood is pumped round the body by the heart
blood retransfusion noun same as blood doping
blood-shunting noun the diversion of blood towards areas of need within the body such as muscles, caused by vasodilation and constriction
blood sport noun a sport in which animals are killed, e.g. bull-fighting
bloodstream noun the flow of blood circulating through the blood vessels
blood sugar noun the amount of glucose in blood, regulated by insulin
blood sugar level noun the amount of glucose in the blood, which is higher after meals and in people with diabetes
blood test noun a scientific analysis of a sample of blood
blood type noun one of the different groups into which human blood is classified. Also called blood group
blood vessel noun any tube that carries blood round the body, e.g. an artery, vein or capillary
blood volume noun the total amount of blood in the body
blow-out fracture noun a fracture to the inside of the eye socket, caused by a sudden increase in pressure, as occurs, e.g., when being hit in the eye by a projectile
blue line noun either of two blue lines that divide an ice hockey rink into the defensive, neutral and offensive zones
BMX noun the riding or racing of bicycles designed for use on rough terrain or open country. Full form bicycle motocross
board noun 1. same as backboard 2. same as skateboard 3. a general term for the flat piece of equipment used in sports such as snowboarding, surfing or wakeboarding
board sports noun a general term for sports that involve the use of a board, e.g. snowboarding or skateboarding
bobsleigh noun a long racing sledge with steering, brakes, a seat for two or more people, and two pairs of runners, one in front and one at the back
boccia noun a Paralympic sport that is similar to boules
body noun 1. the physical structure of a person, as opposed to the mind 2. the main part of a person’s body, not including the head or arms and legs 3. a foreign body
body bar noun a type of free weight
bodyboarding noun a form of surfing in which the participant is mainly lying down on the board
bodybuilding noun the practice of developing the muscles of the body through weightlifting and diet
bodycheck noun in some sports, especially ice hockey or soccer, an illegal act of using the body to obstruct an opposing player ■ verb in some sports, especially ice hockey or soccer, to use the body to obstruct an opposing player illegally
body composition analysis noun a method of testing the proportions of different fat and lean tissues that make up a person’s body. Abbreviation BCA
body composition monitor noun a piece of personal equipment, like a set of bathroom scales, that also measures body fat percentage, body water percentage, muscle mass, bone mass and metabolic rate
body control noun the ability to use major and minor muscles to give the body stability, balance and poise
body culture noun a social atmosphere in which pressure is put on individuals to conform to a high standard of fitness or attractiveness
body fat noun tissue in which the cells contain fat that replaces the fibrous tissue when too much food is eaten
body fat composition noun the proportion of fat to lean tissues that makes up a person’s body, determined using body composition analysis. Abbreviation BFC
body fluid noun a liquid in the body, e.g. water, blood or semen
body fuels plural noun same as metabolic fuels
body image noun the mental image that a person has of their own body. Also called body schema
body language noun the expression on your face, or the way you hold your body, interpreted by other people as unconsciously revealing your feelings
bodylink noun an interconnected set of devices that monitor your body during exercise, e.g. a heart-rate monitor, a timer and a mileometer
body mass index noun an index that expresses adult weight in relation to height, calculated as weight in kilograms divided by height in metres squared. Abbreviation BMI (NOTE: A body mass index of less than 25 is considered normal, and one of over 30 implies obesity.)
body schema noun same as body image
body water content noun the amount of water in body tissues
body weight noun a measure of how heavy a person is
body weight training noun weight training that involves using only the body’s weight as the resistant force, as distinct from training in which external weights and equipment is used
body work noun physical manipulation of the human body, including all types of massage, carried out to improve general health or posture, or to treat injuries
bomb calorimeter noun a device for measuring the amount of heat released during chemical combustion
bonding noun the formation of a close emotional tie between people, e.g. the establishment of a relationship between members of a team

bone noun any of the numerous solid structures in the body that make up the skeleton

bone atrophy noun same as bone loss

bone chip noun a fragment of detached bone that slips into a nearby joint causing pain and swelling, caused by trauma

bone density noun same as bone mass

bone formation noun the creation of new bone fibres within the body from calcium carbonate and calcium phosphate

bone hypertrophy noun an increase in bone mass as a result of activity, especially weightbearing activity

bone loss noun the weakening of bone fibres caused by ageing or disease, causing conditions such as osteoporosis. Also called bone atrophy

bone marrow noun soft tissue in cancellous bone

bone mass noun the concentration of fibres in bone. Also called bone density

bone mineralisation noun the absorption of essential minerals into bone fibres

bone resorption noun the breakdown of the calcium in bone that is then reabsorbed into the bloodstream

bone scan noun the use of scintigraphy as a method of detecting bone fractures

bone strength noun the ability of bone to withstand pressure and shock without damage

bone structure noun 1. the system of jointed bones that forms the skeleton 2. the shape of a bone or set of bones

bonk verb (in snowboarding) to strike or collide with something while riding a snowboard

booby prize noun a prize given as a joke to the person or team coming last in a competition

book verb (in team sports) to penalise a player for a serious offence and make a note of his or her name. a yellow card, red card (NOTE: When players are booked, the way in which they are penalised varies according to which sport they are playing and according to the severity of the action for which they were penalised. The punishment ranges from a simple warning to the player being permanently excluded from the game and possibly also banned from a number of future games.)

bookable adjective used for describing an offence in football for which a player may be booked or is likely to be booked

boom noun a beam to which the bottom edge of a sail is attached in order to hold the sail at an advantageous angle to the wind

boost verb to make something increase

Borg Scale noun a scale on which the rate of perceived exhaustion is rated, from very light to exhausting

Bosman ruling noun a legal ruling in football that allows European players to transfer to another club in the European Union at the end of their contract, without restriction by their current club, named after Jean-Marc Bosman, a Belgian player who, in 1990, won a lawsuit against his club RFC Liège and the restrictions they placed on him
boules noun an outdoor game of French origin, similar to bowls, traditionally played on open dusty ground with heavy metal balls that are tossed with a backhand action
boundary noun the outer limit of the playing area of a cricket pitch
bout noun a boxing or wrestling match
Bowen therapy noun a therapeutic technique that initiates healing and encourages emotional stability using manipulation of muscles and connective tissues
bowl verb 1. (in cricket) to send a ball, usually overarm, to a batsman 2. (in cricket) to get a batsman out by bowling
bowler noun 1. (in cricket) a player who bowls the ball 2. someone who plays bowls
bowling noun 1. same as ten-pin bowling 2. a game played by rolling a ball so that it either hits pins, as in tenpin bowling, or moves close to another ball, as in bowls 3. (in cricket) the action of launching the ball at a batsman
bowls noun a game in which heavy wooden balls are rolled on a flat surface towards a smaller target ball
box noun 1. a relatively private enclosed area at a sports venue that contains the best and most luxurious seats 2. in many sports, a marked-off part of the playing area used for a special purpose, or subject to special rules 3. (in football) the penalty area (informal) 4. a protective plastic covering for a sportsman’s genitals, worn especially in cricket 1. verb to fight using the techniques of boxing, or fight someone in a boxing match
boxing noun the sport of fighting with the fists with padded gloves, with the aim of knocking out the opposing boxer, or inflicting enough punishment to cause the other boxer to retire or be judged defeated
boxing ring noun a square raised platform with roped-in sides, used as the fighting arena in boxing matches. Each fighter has a designated corner diagonally opposite the other.
box splint noun a solid plastic splint for immobilising an injured patient’s leg
BPM abbreviation beats per minute
brace noun any type of splint or appliance worn for support, e.g. to hold an injured knee
brachial adjective relating to the arm
brachialis noun a muscle in the upper arm that flexes the elbow
brachial plexus noun the group of nerves that serve the shoulder muscles, attached at the base of the neck
brachial plexus neurapraxia noun an injury to the nerves serving the arm, caused by a trauma of the kind that occurs in contact sports, producing a stinging or burning sensation
brachium noun an arm, especially the upper arm between the elbow and the shoulder (NOTE: The plural is brachia.)
brachioradialis noun a muscle in the inside of the forearm that flexes the elbow
bracing noun 1. the act of fitting a brace to support some part of the body after injury 2. the act of stiffening the major muscles to balance or stabilise oneself
bracketed morality noun an outlook during a sporting competition in which the usual morals of everyday life are suspended
bradyarrhythmia noun a slow resting heart rate that is also arrhythmic
bradycardia noun a slow rate of heart contraction, shown by a slow pulse rate of less than 70 beats per minute

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bradykinesia noun an unusual slowness of muscle movement, symptomatic of depression or a neural disorder
bradykinin noun a peptide produced in the blood when tissues are injured that plays a role in inflammation
bradypnoea noun unusual slowness in breathing
brain noun the part of the central nervous system situated inside the skull
brain bucket noun a protective helmet worn when engaging in sports such as climbing or motorcycling (slang)
brain damage noun injury to the brain tissue that can impair its ability to function, often but not necessarily resulting in long-term impairment or disability
branched-chain amino acid noun an amino acid that is an essential part of muscle protein, often used in bodybuilding supplements. Abbreviation BCAA
bravura noun great skill that is shown when something is done in an exciting or innovative way
brawn noun muscular strength (informal)
brawny adjective muscular and strong-looking
break verb 1. to damage a hard body part such as a bone, or sustain such a break 2. (in tennis) to win a game in which the other player is serving 3. (in cricket) to change direction after bouncing 4. (in cricket) to hit and knock over a bail from the wicket 5. to separate after being in a boxing or wrestling clinch 6. to increase speed suddenly in a race 7. same as counterattack e noun (in tennis) the winning of a game in which the other player is serving
breaking point noun the point at which someone loses the ability to deal physically, psychologically or emotionally with a stressful situation
break point noun in tennis, a point that, if won, results in the player who is not serving winning the game
breastbone noun a bone that is in the centre of the front of the thorax and to which the ribs are connected. Also called sternum
breaststroke noun a swimming stroke in which both arms are extended and pulled back together in a circular motion while both legs are thrust out and pulled back together
breathe verb to take air into your lungs through your mouth or nose and let it out again, a process that is necessary to oxygenate the blood and keep tissue healthy
breathing noun same as respiration
breathless adjective finding it difficult to breathe enough air, e.g. after exertion
breathlessness noun difficulty in breathing enough air
bridge noun 1. the top part of the nose where it joins the forehead 2. an artificial tooth or set of teeth that is held in place by being joined to natural teeth 3. a part joining two or more other parts
brisk adjective done quickly and energetically
briskly adverb in a quick and energetic manner
British Association for Nutritional Therapy noun a not-for-profit organisation that provides lists of accredited nutrition practitioners. Abbreviation BANT
British Association of Sport and Exercise Sciences noun a professional body that represents all those working in the sports and exercise industries. Abbreviation BASES
British Nutrition Foundation noun an organisation that works in partnership with scientific institutions, the government and the food industry to disseminate nutritional information. Abbreviation BNF

brittle bone disease noun same as osteoporosis

bronchiole noun a very small air tube in the lungs leading from a bronchus to the alveoli

bronchodilator noun a drug that makes the bronchi wider, used in the treatment of asthma and allergy

bronchus noun either of the two air passages that lead from the trachea into the lungs, where they split into many bronchioles (NOTE: The plural is bronchi.)

bronze medal noun a medal that is awarded to a person who is placed third in a competition, especially a sporting event

broomball noun (in Canada) a game similar to ice-hockey played without skates, using brooms adapted to the game and a large ball instead of a puck

brown adipose tissue, brown fat noun fat stored in the body that is metabolically active and burned if needed. Compare white adipose tissue

bruise noun a dark painful area on the skin where blood has escaped under the skin following a blow. Also called contusion a verb to cause a bruise on part of the body

bruised adjective painful after a blow and showing the presence of blood under the skin

bruised ribs plural noun a deep bruise over the ribs, usually caused by a heavy blow as during contact sports

brush up verb to refresh or renew knowledge of or skill in something

buckle fracture noun a fracture commonly found in children, in which one side of the bone is shattered while the other side is unaffected

buff adjective US physically fit and strong, especially through exercise and a controlled diet (informal)

buffer noun a substance that keeps a constant balance between acid and alkali

buff up verb US to become or make yourself physically fit and strong through exercise and diet (informal)

build noun the general size and shape of a person’s body

bulimia nervosa noun a psychological condition in which a person overeats uncontrollably and follows this with behaviour designed to prevent weight gain, e.g. vomiting, use of laxatives or excessive exercise

bulk noun 1. large size or mass 2. the body of someone who is large or overweight

bulk up verb to visibly increase muscle mass through exercise

bullseye noun the centre of a target in a sport such as archery, which usually carries the highest score

bully-off noun formerly, a way of starting a hockey match in which two opposing players hit sticks over the ball before each tries to hit it first

bung noun an illicit fee paid to a football player, manager or agent to facilitate a player transfer (slang)

bungee jumping noun a sport in which a person dives from a high place using an elastic cord tied to the ankles as a restraint

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bunion noun an inflammation and swelling of the big toe, caused by tight shoes which force the toe sideways so that a callus develops over the joint between the toe and the metatarsal
bunionette noun a bunion on the little toe
burdock noun a detoxifying supplement
burn noun 1. an injury to skin and tissue caused by light, heat, radiation, electricity or chemicals 2. the burn a sensation of burning that occurs during strenuous exercise, and the positive psychological sensation associated with it
burner noun same as brachial plexus neurapraxia
burning foot syndrome noun neuralgic pain in the feet caused by severe deficiency of protein and B vitamins
burnout noun a feeling of depression, fatigue and lack of energy caused by stress and overworking the body
bursa noun a cushioning pocket of lubricating fluid that prevents two bones from rubbing together at a joint
bursitis noun inflammation of a bursa, especially in the shoulder
butterfly, butterfly stroke noun a swimming stroke in which both arms are lifted simultaneously above and over the head while both feet are kicked up and down
buzzer noun a device that makes a buzzing sound to signal that a game has finished
B vitamin noun a water-soluble vitamin belonging to a group that is essential to the working of some enzymes (NOTE: The B vitamins are B1 thiamine, B2 riboflavin, B6 pyridoxine, B12 cobalamin, B5 pantothenic acid, folic acid and biotin.)
bye noun 1. the right to proceed to the next round of a competition without contesting the present round, often through nonappearance of an opponent 2. (in golf) an informal match contested over remaining holes, once the main competition is over 3. (in cricket) a run scored off a ball that has not been hit by a batsman, awarded to the team as a whole rather than to an individual batsman
cable crossovers plural noun an exercise using a machine with resistant cables that are pulled forward and crossed over the chest
cable rower noun a rowing machine with resistant cables that are pulled, recreating the sensation of pulling oars
cachexia noun severe wasting caused by serious illness
cadence noun the beat or measure of something that follows a set rhythm, e.g. in dance or when setting the number of strokes per minute to be achieved by a rowing crew
caecal slap syndrome noun a condition, suffered by long-distance runners, in which part of the intestine rubs against the abdominal muscles, causing pain and internal bleeding
caffeine noun a stimulant found in coffee, tea and cola nuts
caffeinism noun a condition caused by an excessive amount of caffeine in the body, resulting in symptoms of high blood pressure, diarrhoea, palpitations, accelerated breathing and insomnia
cage noun 1. (in athletics) a wire-mesh structure used to enclose the area from which the discus and hammer are thrown 2. (in baseball) a screen behind home plate that stops thrown or fouled balls 3. (in basketball) the basket (informal) 4. (in ice hockey) the goal (informal)
cal abbreviation calorie
calcaneal adjective relating to the heel of the foot
calcaneal apophysitis noun inflammation of the heel caused by repeated heel strikes, as with running, or by wearing unsupported shoes during sport
calcaneal petechiae noun ruptured blood vessels in the heel that give it a blackened appearance, caused by repeated heel strikes and sudden stops and starts, as in many sports
calcaneus noun the large bone forming the heel of the foot, to which the Achilles tendon is attached
calcific bursitis noun a condition in which calcium is deposited on the bursa and tendons of the shoulder, causing inflammation
calcitonin noun a hormone produced by the thyroid gland, believed to regulate the level of calcium in the blood. Also called thyrocalcitonin
calcitriol noun a form of Vitamin D used to control or reverse bone loss
calcium noun a metallic chemical element that is a major component of bones and teeth and is essential for various bodily processes, e.g. blood clotting (NOTE: The chemical symbol is Ca.)
calf noun a muscular fleshy part at the back of the lower leg
calf raise noun an exercise in which the person stands with their heels overhanging a step, and raises and lowers the whole body on the toes, toning the calf muscles
calf stretch noun a stretch performed standing and braced against a wall, in which one leg is extended backwards and the person leans forward to stretch the back of the calf
calf support noun a supportive wrap used for protecting the calf from injury during exercise
call verb 1. to make an official decision in a sporting event or a game 2. to postpone or stop a sporting event because of bad weather or other unsuitable conditions 3. to commentate on radio or television on a sporting event, especially a horse race noun 1. a decision made by a referee 2. a declaration made during a game, e.g. the choice of heads or tails when a coin is tossed
Callanetics a trade name for a system of exercise made up of small precise movements that are designed to tone and strengthen the muscular system
callipers plural noun an instrument with movable legs used for measuring body fat
callisthenics plural noun energetic physical exercises designed to improve fitness and muscle tone, including press-ups, sit-ups and star jumps
callus noun 1. an area of thick hard skin formed as a response to repeated contact or pressure, especially on the hands or feet 2. a mass of tissue that forms round a broken bone as it starts to mend, leading to consolidation
calmodulin noun a calcium-binding protein found in the cells of most living organisms that controls many enzyme processes
caloric deficit noun a situation in which you are burning more calories than you consume, leading to weight loss
caloric surplus noun a situation in which you are consuming more calories than you burn, leading to weight gain
calorie noun a unit of measurement of energy in food. Abbreviation cal
calorie-controlled adjective used for describing a diet that is low in calories for the purpose of losing weight
calorie-dense adjective used for describing food and drink that is high in calories with comparatively few essential nutrients
 caloric goal noun the number of calories that should be eaten each day according to an individual weight loss or exercise regime
calorie intake noun the numbers of calories consumed in a day
calorific adjective used for describing food and drink that contains many calories and is therefore likely to be fattening
calorific balance noun a situation in which the amount of energy being expended equals the amount being taken in through the diet
calorimeter noun a piece of equipment that measures the amount of heat given out or taken in during a process such as combustion or a change of state
calorimetry noun the science of measuring the heat given off in a thermal reaction
camogie

camogie noun an Irish stick and ball game that is a form of hurling played by women. Camogie was developed in 1900 by women in Dublin and the game has become increasingly popular with more than 400 clubs affiliated to the Camogie League.

cAMP noun a derivative of ATP that plays an important role in glycogenolysis and lipolysis. Full form cyclic adenosine monophosphate

Canada Games plural noun a two-week multi-sport event that takes place every two years in Canada, in which the 13 provinces each enter a team of athletes

cancellous adjective describes bone that has a mesh of hollows on the inside, as opposed to being compact or dense

Cancer noun a malignant growth or tumour that develops in tissue and destroys it, can spread by metastasis to other parts of the body and cannot be controlled by the body itself

cancer cell noun a mutated cell in the body that quickly multiplies, forming a tumour that may spread into surrounding tissue

canoe noun a lightweight boat, pointed at each end, that can be paddled by one or two people and can carry passengers. Canoes were originally made from natural materials, but modern canoes are made of aluminium or of moulded plastic and fibreglass. verb to paddle a canoe, often as a sport or hobby

canoeing noun the sport, hobby, or activity of paddling a canoe

canoest noun somebody who canoes, especially as a sport or a hobby

cap noun 1. a covering that protects something 2. a player who has been selected for a special team such as a national cricket, football or rugby team verb to select a player for a special team such as a national side, for which a cap is awarded

Capacitate verb to make someone able, fit or qualified to do something (formal)

capacity noun 1. the ability to do something easily 2. the amount of something that a container or organ can hold 3. the amount of something that can be produced or the amount of work that can be done

Capillaries plural noun extremely narrow thin-walled blood vessels that form a network throughout the body, enabling the exchange of substances between the blood and the tissues

Capitellum noun a rounded enlarged part at the end of a bone, especially this part of the upper arm bone (the humerus) that forms the elbow joint with one of the lower bones, the radius (NOTE: The plural is capitella.)

Capitular adjective describing the rounded end of a bone

Capitulum noun the rounded end of a bone that articulates with another bone, e.g. the distal end of the humerus (NOTE: The plural is capitula.)

Capoeira noun a martial art and dance form, originally from Brazil, that is used to promote physical fitness and grace of movement

Capsule noun a joint capsule

Capsulitis noun adhesive capsulitis

Capsulorrhaphy noun Dutoit staple capsulorrhaphy

Captain noun the leader of a team in a sport or game

Captopril noun a drug that blocks the action of angiotensin, used for controlling high blood pressure

Carb noun a carbohydrate, or a high-carbohydrate food (informal)
cardioaccelerator noun a drug or other agent that increases the heart rate

**carb blocker** noun a sports supplement that helps weight loss by blocking the breakdown of carbohydrates

**carb loading, carbohydrate loading** noun a controversial practice of first starving the body of carbohydrates, then following a high-carbohydrate diet just before an athletic event in an attempt to boost performance

**carbohydrase** noun an enzyme that aids the breakdown of a carbohydrate

**carbohydrate** noun an organic compound derived from sugar, the main ingredient of many types of food

**carbon dioxide** noun a colourless gas produced by the body’s metabolism as the tissues burn carbon, and breathed out by the lungs as waste (NOTE: its chemical symbol is CO₂)

**carbonic anhydrase** noun an enzyme in living tissue such as blood cells that contains zinc and aids the transfer of carbon dioxide from the tissues to the lungs

**carboxyhaemoglobin** noun a compound of carbon monoxide and haemoglobin formed when a person breathes in carbon monoxide from tobacco smoke or car exhaust fumes

**carcinogen** noun a substance that causes cancer

**cardiac** adjective of the heart, or relating to the heart

**cardiac arrest** noun a condition in which the heart muscle stops beating

**cardiac asthma** noun difficulty in breathing caused by heart failure

**cardiac compression** noun artificial rhythmic compression of someone’s heart in order to restore or maintain blood circulation after the person has collapsed

**cardiac conducting system** noun the nerve system in the heart which links an atrium to a ventricle, so that the two beat at the same rate

**cardiac contusion** noun a bruise on the heart caused by a heavy blow to the chest, which can lead to arrhythmia and haemorrhage

**cardiac cycle** noun the repeated beating of the heart, formed of the diastole and systole

**cardiac hypertrophy** noun enlargement of the heart, either caused by a thickening of the ventricular walls or by an enlargement in ventricular capacity

**cardiac index** noun the cardiac output per square metre of body surface, usually between 3.1 and 3.81/min/m² (litres per minute per square metre)

**cardiac monitor** noun an apparatus for measuring and recording the electrical impulses of the muscles of the heart as it beats

**cardiac muscle** noun a muscle in the heart that makes the heart beat

**cardiac output** noun the volume of blood pumped by the heart, measured in litres per minute

**cardiac pacemaker** noun an electronic device that is implanted on a patient’s heart or worn attached to the chest and stimulates and regulates the heartbeat

**cardiac rate** noun same as heart rate

**cardiac reflex** noun the reflex that controls the heartbeat automatically

**cardio** noun same as cardiovascular training

**cardio-** prefix relating to or involving the heart

**cardioaccelerator** noun a drug or other agent that increases the heart rate
cardiogenic

Cardiogenic adjective resulting from activity or disease of the heart

Cardioinhibitory adjective slowing the heart rate or otherwise interfering with its normal speed, rhythm, output or efficiency

Cardiology noun a branch of medicine dealing with the diagnosis and treatment of heart disorders and related conditions

Cardiomegaly noun pathological enlargement of the heart

Cardiomyocyte noun a cell of muscular tissue in the heart

Cardiomyopathy noun a disorder of the heart muscle

Cardiopulmonary resuscitation noun an emergency technique to revive someone whose heart has stopped beating that involves clearing the person’s airways and then alternating heart compression with mouth-to-mouth respiration

Cardiorespiratory endurance noun the body’s ability to carry out prolonged exercise, taking into account both muscle strength and aerobic capacity

Cardioselective adjective used for describing substances that have a strong effect on heart function

Cardiovascular adjective relating to the heart and the blood circulation system

Cardiovascular disease noun reduced function of the heart and arteries caused by excessive intake of saturated fats. Abbreviation CVD

Cardiovascular endurance noun the ability of the cardiovascular system to deliver sufficient blood to the muscles to sustain intense activity for any period of time

Cardiovascular training noun exercise that raises the heart rate and increases circulation, strengthening the cardiovascular system and burning fat. Also called cardio

Cardioversion noun a procedure to correct an irregular heartbeat by applying an electrical impulse to the chest wall

Carnitine noun a derivative of lysine

Carnosine noun a sports supplement

Carotid artery noun either of the two main arteries that carry blood to the head and neck

Carotid body noun tissue in the carotid sinus which is concerned with cardiovascular reflexes

Carotid pulse noun a pulse taken from one of the carotid arteries in the neck

Carotid sinus noun an expanded part attached to the carotid artery, which monitors blood pressure in the skull

Carpal adjective relating to the wrist

Carponavicular fracture noun a fracture to the wrist caused by forcefully bending the hand back during a fall

Carpus noun the set of bones by which the hand is connected to the lower arm. Also called wrist (NOTE: The plural is carpi.)

Cartilage noun the tough elastic tissue that is found in the nose, throat and ear and in other parts of the body

Cartilage deformity noun, perichondrial haematoma

Cartilaginous joint noun 1. same as synchondrosis 2. same as symphysis
case-control study noun an epidemiological research method in which people who have developed a disease such as cancer are studied alongside people who have not, and the differences and possible causes analysed

casein noun a protein found in milk

case study noun an analysis of a particular case or situation used as a basis for drawing conclusions in similar situations

CASMT abbreviation cognitive-affective stress management training

cast noun an enclosed support for an injured body part that holds it rigid while the tissues heal

casting noun the act of fitting a cast to support a limb after injury

catabolism noun the part of metabolism that releases energy from food

catalyst noun a substance that produces or helps a chemical reaction without itself changing

catalytic enzyme noun an enzyme that produces a chemical reaction or helps one to take place

catastrophic injury noun a sports injury that is debilitating and results in a temporary or even permanent inability to play

catch verb (in cricket) to cause the batsman hitting the ball to be out by catching the ball before it reaches the ground ■ noun a move in ball games such as cricket or rounders in which a player catches a ball hit by another before it touches the ground, forcing that person to retire

catcher noun the baseball player who stands behind home plate, signals for pitches and catches pitched balls that have not been hit by the batter

catch out verb (in cricket, rounders or baseball) to catch a ball hit by a player while it is still in the air, forcing the player or the player’s team to retire

catchweight adjective used for describing a contest in a sport such as wrestling or horseracing that has no weight restrictions

catecholamine noun a compound belonging to a class that act as neurotransmitters or hormones

catharsis hypothesis noun the idea that playing sport provides a safe outlet for negative emotions such as frustration and aggression

cathepsin noun an enzyme that hydrolys proteins

catheter noun a tube passed into the body along one of the passages in the body

cathexis noun the concentration of a great deal of psychological and emotional energy on one particular person, thing or idea

cauliflower ear noun same as perichondrial haematoma

causalgia noun pain in a limb as a result of localised nerve damage

causal modelling noun (in psychology) a method of analysing and explaining the causes of a particular behaviour

caving noun the activity or sport of exploring and climbing in underground caves and passages

cavus foot noun a condition in which a person has high, tight arches that do not allow the foot to roll when it strikes the ground. Also called claw foot

ceiling noun an upper limit or point that cannot be passed

ceiling level noun the highest possible level of fitness that can be attained by a person
cellular respiration noun the process by which glucose is converted to pyruvic acid and then to ATP in the body

cellulite noun fatty deposits beneath the skin that give a lumpy or grainy appearance to the skin surface, especially on the thighs or buttocks

cellulitis noun a usually bacterial inflammation of connective tissue or of the subcutaneous tissue

central adjective at the centre

central fatigue noun exhaustion caused by the depletion of glycogen in the body and by increased secretion of serotonin, which removes the desire to exercise

central nervous system noun the brain and spinal cord that link all the nerves in the body

central obesity noun the condition of being ‘apple-shaped’, with subcutaneous fat being deposited mainly around the abdomen

centre noun 1. in some sports, an attacking player or position in the middle of the field or court 2. in Australian Rules football, a player who occupies a position in the centre circle  verb in some sports, to pass, hit or kick a ball or puck from the edge of the playing area towards the middle

centre back noun (in sports such as football and hockey) the player or position in the middle of the back line

centre forward noun (in sports such as football and hockey) the player or position in the middle of the forward attacking line

centre half noun (in sports such as football and hockey) the player or position in the middle of the half line

centre of gravity noun 1. the point at which a body can be balanced. Abbreviation CG 2. the point through which the force of gravity acts

centre of percussion noun same as sweet spot

centrifugal force noun the force of acceleration away from the axis around which an object rotates

centripetal force noun a force that pulls a rotating or spinning object towards a centre or axis

centrum noun the central part of an organ (NOTE: The plural is centra.)
century noun (in cricket) 100 runs scored by one batsman
cephalic adjective relating to the head
cephalosporin noun a broad-spectrum antibiotic used for treating fungal infections of the skin
cerebellum noun a region of the brain that plays an important role in sensory perception and motor output, located in the lower back part of the brain
cerebral cortex noun the outer layer of grey matter which covers the cerebrum

cerebral haemorrhage noun abnormal bleeding from a blood vessel in the brain that may lead to a stroke if left untreated. The most common cause is a ruptured artery caused by high blood pressure or degeneration of the blood vessel concerned.
cerebral hemisphere noun either of the two symmetrical halves of the front part of the brain

cerebral palsy noun (in disabled sport events such as the Paralympics) a category for athletes with a lack of muscular control caused by damage to the brain.
cerebrospinal adjective involving both the brain and the spinal column

cerebrospinal fluid noun the colourless fluid in and around the brain and spinal cord that absorbs shocks and maintains uniform pressure

cerebrotonic adjective having a quiet, unassertive personality

cerelose noun a commercial preparation of glucose

ceruloplasmin noun a copper-transporting protein present in the blood

cervical adjective relating to the neck

cervical collar noun a rigid collar that supports the neck during rehabilitation for a spinal injury

cervical radiculitis noun a pinched nerve in the neck

cervical rib noun an extra rib sometimes found attached to the vertebrae above the other ribs, sometimes the cause of thoracic outlet syndrome

cervical spondylosis noun a degenerative disorder of the vertebrae in the neck, caused by repetitive bending

cervical vertebrae plural noun the seven bones that form the neck

chafe verb to rub something, especially to rub against the skin

chaining noun a way of learning a complex series of movements, using the same order as the movements will be performed

chalasia noun relaxation of the lower oesophageal sphincter causing gastric reflux

chalk noun a chalky preparation applied to the hands to improve grip, used by weight-lifters, gymnasts and others

challenge noun a test of someone’s abilities, or a situation that tests someone’s abilities in a stimulating way

challenging adjective demanding physical or psychological effort of a stimulating kind

champion noun someone who competes in and wins a contest, competition or tournament, either alone or as a member of a team

championship noun 1. a contest, competition or tournament that is held to decide who will be the overall winner 2. the designation or period of being a champion

change over verb 1. (in team sports) to switch to opposite ends of a playing field, usually halfway through a match 2. (in a relay race) to pass on the responsibility for participation to another team member by handing over a baton or touching

changeover noun (in tennis) the

character noun 1. the way in which a person thinks and behaves 2. the set of qualities that make somebody or something distinctive, especially somebody’s qualities of mind and feeling

charley horse noun a severe muscular cramp, especially of the upper leg

cheat verb to break the rules of a game in an attempt to gain an unfair advantage ■ noun someone who breaks rules or uses trickery to gain an unfair advantage

cheat rep noun a rep performed using improper form, e.g. by using other muscle groups or relying on momentum or gravity to help perform the motion

check verb in sports such as ice hockey, to move directly into the path of an opponent, usually making physical contact, in order to block his or her progress

check over verb to examine someone carefully to establish his or her state of health
chelated adjective used for describing a dietary supplement that has been treated to make it easier for the body to absorb
chelated mineral noun an essential mineral that has been treated to make it more absorbable by the body when used as a dietary supplement
chemical energy noun the energy released or absorbed in a chemical reaction during the decomposition or formation of compounds
chemical score noun a measure of protein quality, expressed as its limiting amino acid content as compared to egg protein
chemoprophylaxis noun the use of medication to prevent disease
chemoreceptor noun a cell which responds to the presence of a chemical compound by activating a nerve, e.g. cells in the carotid body reacting to lowered oxygen and raised carbon dioxide in the blood
chymozyme noun a substance that acts like an enzyme to increase the effectiveness of a drug
chest noun the upper front part of the body between the neck and stomach. Also called thorax
chest press noun an exercise in which the arms are pushed away from the chest against some resistance, e.g. by lifting a weight when lying on the back
chicane noun (in motorsport) a sharp double bend created by placing barriers on the circuit
chin noun same as pull-up verb to perform chins
chinaman noun (in cricket) a slow off-break bowled by a left-handed bowler to a right-handed batsman
Chinese medicine noun a very old system of diagnosis, treatment and prevention of illness developed in China that uses medicinal herbs, minerals and animal products in addition to acupuncture, massage and exercise
chin raise noun same as chin
chin-up noun US same as pull-up
chip noun 1. same as chip shot 2. a space or crack left in something hard or brittle after a small piece has been broken off or out of it 1. verb 1. to hit or kick a ball or puck so that it travels a short distance in a high arc 2. (in golf) to play a chip shot 3. to become damaged by having a small piece or small pieces break off
chip shot noun 1. a short-range kick or shot in which the ball or puck rises sharply into the air 2. (in golf) a short approach shot, used for lofting the ball onto the green
chiropractic adjective used for describing medical treatment based on the theory that diseases and disorders are caused by a misalignment of the bones, especially in the spine, that obstructs proper nerve functions
chiropractor noun a person who treats musculoskeletal disorders by making adjustments primarily to the bones of the spine
chitosan noun a substance derived from the shells of crab, lobster and other crustaceans, used as dietary supplement
chloride shift noun the reversible exchange of bicarbonate and chloride ions from blood serum to red cells during the transport of carbon dioxide
chlorine noun a powerful greenish gas, used for sterilising water
chlorothiazide noun a drug that relieves fluid retention, used in the treatment of high blood pressure
chocamine noun an anorectic supplement
choke verb to lose nerve or confidence and falter in the middle of doing something
chokehold noun a hold in some martial arts that restricts the opponent’s breathing, causing loss of consciousness
cholecalciferol noun same as vitamin D3
cholesterol noun a fatty substance found in fats and oils, also produced by the liver and forming an essential part of all cells
cholinergic adjective used for describing a neurone or receptor that responds to acetylcholine
cholinesterase noun an enzyme which breaks down a choline ester
chondral adjective relating to or consisting of cartilage
chondroitin noun a substance that, when combined with glucosamine, rebuilds damaged cartilage
chondromalacia noun a condition in which cartilage becomes eroded by constant friction against a hard surface
chondromalacia patellae noun pain caused by friction against the cartilage surface at the back of the patella. Abbreviation CMP
chop verb to hit a ball with a quick sharp downward movement of a racket or bat, often in order to give the ball backspin
chorea noun a sudden severe twitching, usually of the face and shoulders, which is a symptom of disease of the nervous system
choreoathetosis noun a movement disorder characterised by fidgeting and slow writhing movements
christie noun (in skiing) a type of turn used for stopping or rapidly changing direction, in which the skier twists sharply aside while keeping the skis parallel to each other
chromatography noun a substance analysis technique used for urine testing of athletes
chromium noun a metallic trace element (NOTE: The chemical symbol is Cr.)
chromium deficiency noun a rare condition resulting in poor metabolism of sugar
chromium picolinate noun a sports supplement that maintains insulin sensitivity
chromosome noun a rod-shaped structure in the nucleus of a cell that consists of DNA and carries genes
chronic adjective 1. used for describing a disease or condition that lasts for a long time. Compare acute 2. used for describing severe pain
chronic fatigue syndrome noun same as ME
chronic fibrosis noun scarring to connective tissue caused by repeated damage
chronic injury noun an injury from the past that still causes pain or restricted movement, requiring ongoing treatment
chronic toxicity noun high exposure to harmful levels of a toxic substance over a period of time
chronological age noun somebody’s real age, as opposed to the age suggested by his or her mental or physical development
chronoscope noun an electronic instrument that is designed to measure very small intervals of time with extreme precision
chrysirin noun an oestrogen inhibitor
cicatrisation noun the process of healing to form a scar, or the scar that is formed
cinder track noun a running track covered with a layer of fine ash to improve grip and make the surface softer
circuit training noun a form of sports training that involves performing different exercises in rotation
circular effect of aggression noun the theory that taking part in sport does not provide an outlet for aggressive feelings but increases a person’s tendency towards aggression
circulation noun the flow of blood around the body. Also called blood flow
circulatory system noun a system of arteries and veins, together with the heart, that makes the blood circulate around the body
circumduction noun the action of moving a limb so that the end of it makes a circular motion
circumflex nerve noun a sensory and motor nerve in the upper arm
citrate synthase noun an enzyme that is involved in the Krebs cycle
citric acid cycle noun same as Krebs cycle
classic noun a major sporting event, e.g. a horse race or golf tournament
claudication noun the fact of limping or being lame
clavicle noun either of two long thin bones that join the shoulder blades to the breastbone. Also called collarbone
claw foot noun same as cavus foot
clay pigeon noun a clay disc thrown into the air from a machine called a trap as a target for shooting with shotguns
clean and jerk noun a two-part lift in weightlifting, in which the bar is lifted firstly to the chest and then above the head
clean and snatch noun same as snatch
clean-living adjective never doing anything that might be considered immoral or unhealthy
clearance noun in games, the process of clearing the ball from the defence area
cleats plural noun same as spikes
clenbuterol noun a banned substance that acts as a growth agent
cliff-jumping noun the sport of jumping from a high point such as a cliff into water
climb verb to go up mountains or rocks on foot or using hands and feet as a sport
climber noun 1. somebody who climbs rocks or mountains as a sport 2. a player or team who is steadily gaining in rank or status
climbing noun the sport of climbing mountains or rocks
clinical nutrition noun the use of nutrition as a means of treating illnesses
clinical psychologist noun a psychologist who treats human mental and behavioural problems as opposed to doing research on them
coexistent

clinical psychology **noun** the branch of psychology that deals with the diagnosis and treatment of psychological and behavioural problems

clinical trial **noun** a trial carried out in a medical laboratory on a person or on tissue from a person

clonic cramp **noun** cramping of the muscles in which they are seen to twitch and jerk uncontrollably

closed fracture **noun** a fractured bone that has not pierced the skin

closed skill **noun** a skill in which the same movement is performed every time, with no adaptation to circumstances, such as in diving or gymnastics. Compare open skill

closed stance **noun** in sports such as baseball or golf, a stance in which the front foot is closer to the line of play than the rear foot

clot **verb** to change from a liquid to a semi-solid state, or to cause a liquid to do this. **noun** a soft mass of coagulated blood in a vein or an artery

cloth **noun** a stick or bat used in some sports, especially golf, to hit a ball. **2.** an association of people with a common interest. **3.** an organisation formed for the pursuit of a sport

CMP **abbreviation** chondromalacia patellae

couch **noun** someone who trains sports players or athletes. **verb** to train someone in a sport

coaching **noun** the activity or profession of training sports players or athletes

co-active sport **noun** any sport in which each athlete performs separately, with no team element, e.g. marathon running

coop **verb** to join or bring displaced parts close together in their correct alignment, e.g. the edges of a wound or broken bone

coaptation **noun** the action or process of joining or closing parts together, e.g. the edges of a wound or broken bone

coastal** steering **noun** a sporting activity that takes place along a coast and combines scrambling, rock climbing, traversing, swimming and cliff jumping

cobalamin **noun** same as vitamin B12

coccydynia **noun** pain in the coccyx

coccyx **noun** the lowest bone in the backbone (NOTE: The plural is coccyges.)

cocktail **noun** a combination of two or more drugs or therapeutic agents given as a single treatment

coccydynia **noun** a system of accepted laws and regulations that govern procedure or behaviour within a particular sport

codeine **noun** an opiate drug used to relieve pain

coeliac disease **noun** an allergic disease, mainly affecting children, in which the lining of the intestine is sensitive to gluten, preventing the small intestine from digesting fat

coenzyme **noun** a non-protein compound that combines with the protein part of an enzyme to make it active

coenzyme A **noun** a complex compound that acts with specific enzymes in energy-producing biochemical reactions. Abbreviation CoA

coexistent **adjective** used for describing multiple injuries that exist at the same time
cognitive adjective relating to the process of acquiring knowledge by the use of reasoning, intuition or perception

cognitive-affective stress management training noun stress management training that focusses on the mental processes that trigger emotional responses and looks to develop strategies for recognising and coping with these. Abbreviation CASMT

cognitive anxiety noun stress that derives from an athlete thinking consciously about what may go wrong, which may be detrimental to performance

cognitive appraisal noun a study of an athlete’s attitude and mental state undertaken by a sports psychologist, usually used for diagnosing burnout

cognitive assessment noun a set of logic questions used in a sports concussion assessment tool, e.g. a series of numbers or words that are read out and should be repeated backwards

cognitive attribution model noun a sports psychology model of the way in which athletes view failure or success, in light of how much personal control they had over all the competition variables

cognitive-behavioural adjective relating to the way in which mental processes determine actions, and how these can be modified and used for improving performance

cognitive dissonance noun a state of psychological conflict or anxiety resulting from a contradiction between a person’s simultaneously held beliefs or attitudes

cognitive learning noun skills learning that emphasises participation and reasoning on the part of the learner

cognitive psychology noun the branch of psychology that deals with unobservable mental processes

cognitive stage noun the first stage of skill acquisition in which the sequence of movements must be learned through coaching and practice

cohesion noun the force of attraction between the molecules of a solid or liquid that holds them together

cohesive adjective sticking, holding, or working together as a united whole

cohort study noun a study of people over an extended period of time

cold therapy noun same as ice therapy

cold water immersion noun exposure to cold water that results in a lowering of the core body temperature, a risk faced by enthusiasts of water sports such as canoeing

colforsin noun a vasodilatory sports supplement

collagen noun a thick protein fibre that forms bundles that make up the connective tissue, bone and cartilage

collapse verb 1. to fall down in a semi-conscious state 2. to be suddenly and quickly overwhelmed by an opponent or opposing team

collarbone noun same as clavicle

collateral ligaments plural noun large ligaments that stabilise the joints at the knee and elbow

collective adjective made or shared by everyone in a group

collective aims plural noun goals that all members of a team share

collective behaviour noun behaviour exhibited by people working as part of a team, when they are influenced by one another and enjoy a degree of anonymity
Colles fracture noun a fracture of the lower end of the radius with displacement of the wrist backwards, usually caused when someone has stretched out a hand to try to break a fall

colon noun the main part of the large intestine, running from the caecum at the end of the small intestine to the rectum

colon cancer noun cancer of the colon or bowel, against which regular exercise in later life is thought to give protection

colours plural noun the clothing worn by a jockey or an athlete that indicates the horse’s owner or the team to which the athlete belongs

combat noun a physical struggle between opposing individuals or forces

combat sport noun a sport in which one person fights another, e.g. wrestling, boxing and the martial arts

combination noun (in boxing) two or more punches quickly delivered one after the other

comfort level, comfort zone noun the set of physical or psychological circumstances in which someone feels most at ease and free from physical discomfort or stress

command style noun a coaching technique in which the coach gives direct instructions and the athlete has little personal input

commentary noun a spoken description of a sporting event being broadcast on radio or television as it happens

commentary box noun a booth at a sports stadium from which a television or radio commentator makes a broadcast

commentator noun a broadcaster for radio or television who describes sporting events as they happen

comminute verb to break, or cause a bone to break, into small parts

comminuted fracture noun a fractured bone in which there are several breaks or cracks or extensive fragmentation

commissure noun a structure that joins two similar tissues, e.g. a group of nerves that crosses from one part of the central nervous system to another

Commonwealth Games plural noun a sports contest held every four years involving participants from countries of the Commonwealth

Commonwealth Youth Games plural noun a smaller version of the Commonwealth Games aimed at young people

commotio cordis noun sudden heart failure caused by a heavy blow to the chest, usually occurring while participating in a contact sport

commotio retina noun a heavy blow to the eye causing bruising, swelling and retinal damage

community noun a group of people who live and work in a district

community medicine noun the branch of medicine devoted to the provision of public health care

compartment noun a group of related muscles that are found together in a particular area of the body

compartment syndrome noun a condition in which a particular set of muscles are overused

compensate verb 1. to make good the failure of an organ by making another organ, or the undamaged parts of the same organ, function at a higher level 2. to emphasise a
compensatory movement 52
particular ability or personality characteristic in order to make the lack of another one seem less bad

compensatory movement noun a second movement that compensates for any potential bad effects caused by a primary muscle movement, e.g. loss of balance

compete verb to try to win or do better than others

competence noun the ability to do something well, measured against a standard, especially ability that you get through experience or training

competent adjective having enough skill or ability to do something well

competing response theory noun the idea that offering an external reward such as a trophy for winning a competition may distract the competitor from the joy of winning for its own sake, lessening motivation

competition training noun athletic training that specifically prepares the athlete for the competition situation

competitive adjective 1. involving competition 2. tending to want to do something better than others or achieve more than others

competitive individualism noun the belief that competition is a natural and healthy way of distributing rewards to those who try hardest and have the most natural ability, and that it brings out the best in a person

competitiveness noun the quality of being competitive

competitive state anxiety noun a feeling of stress caused by competition, especially when the athlete does not feel able to meet the challenges

Competitive State Anxiety Inventory-2 noun full form of CSAI-2

competitive stress noun stress caused by an athlete feeling unable to meet the demands of the competition

complacency noun the state of being self-satisfied or overly self-confident, which may lead to longer reaction times in relation to unexpected stimuli

complaint noun a physical disorder, usually something minor

complementary action of proteins noun the act of eating different types of protein in the same meal so as to raise their biological value

complementary medicine noun a range of therapies based on the holistic treatment of physical disorders, generally addressing the causes of diseases rather than their symptoms and also taking steps in the prevention of disease. The term embraces therapies such as acupuncture, herbal medicine and homeopathy.

complete blood count noun a diagnostic test used to identify the levels of all blood-cell types in a quantity of blood

complete protein noun a protein that contains all of the essential amino acids

complex carbohydrate noun any carbohydrate with large molecules containing many linked sugar units, broken down more slowly by the body

complex performance noun an extended athletic performance such as participation in a team game, where several physical and mental skills are required

composition noun the make-up or structure of something

compound fracture noun a fractured bone that has pierced the skin, exposing the break

compress noun a wad of cloth soaked in hot or cold liquid and applied to the skin to relieve pain or swelling, or to force pus out of an infected wound
compression noun 1. the act of squeezing or pressing 2. a serious condition in which the brain is compressed by blood or cerebrospinal fluid accumulating in it or by a fractured skull

compression neuropathy noun a condition in which the nerves become pinched by a nearby swelling or by constant pressure, e.g. the pressure of gripping bicycle handlebars, causing pain, tingling and numbness

compressor noun a device such as a pump that compresses air in order to increase its pressure

compulsive adjective driven by an irresistible inner force to do something

compulsory adjective required by law or an authority

computerised tomography scan noun full form of CT scan

comradeship noun the feelings or bonds that unite close friends or colleagues, e.g. loyalty, friendship or a common cause

conative adjective used for describing behaviour that is based on willpower or the drive to succeed

concede verb 1. to accept and acknowledge defeat in a contest without waiting for the final result 2. to allow an opponent or opposing team to gain a goal or points

concentric adjective involving a shortening of the muscle

concentric action noun an action performed by contracting a muscle

concentric strength noun the force exerted by a muscle while it is contracting

conceptual competence noun the ability to make decisions based on a set of concrete observations and known facts

concussion noun 1. an injury to the brain, often resulting from a blow to the head, that can cause temporary disorientation, memory loss, or unconsciousness

condition noun 1. the particular state of someone or something 2. a particular illness, injury or disorder

conditioned noun 1. having reached a particular or high level of fitness, quality or performance 2. brought on unconsciously by a stimulus that triggers a reaction because of a learned association with something else

conditioned response noun a response to a stimulus as a result of associating it with an earlier stimulus

conditioning noun the work or programme used to bring somebody or something to a good physical state

conduct noun the way a player behaves on a sports field or in another arena

condyle noun a rounded end of a bone that articulates with another

condyloid adjective rounded like the protruding surface at the end of a bone

cone noun a plastic object used to mark out playing areas in a field or sports hall
conference noun an association or league of sports teams that compete with each other

confidence noun a belief in your ability to succeed

confrontation noun a face-to-face meeting or encounter, especially a challenging or hostile one

congenital adjective existing at or before birth

congenital anomaly noun a medical condition that arises during the development of the foetus and is present at birth

congestive heart failure noun a form of heart failure in which the heart is unable to pump away the blood returning to it fast enough, causing congestion in the veins

conjugated protein noun a protein containing at least two double or triple chemical bonds alternating with single bonds

conjunctivitis noun inflammation of the eye caused by infection, injury or allergy

connective tissue noun tissue that forms the main part of bones and cartilage, ligaments and tendons, in which a large proportion of fibrous material surrounds the tissue cells

conscience noun the sense of what is right and wrong that governs someone’s thoughts and actions, urging him or her to do right rather than wrong

consolidation noun the increasing of the strength, stability or depth of a person’s or group’s success or position

constant resistance exercise noun an exercise using weights in which the load does not change during the course of the exercise

constitution noun general physical and sometimes psychological make up, especially the body’s ability to remain healthy and withstand disease or hardship

constitutive rule noun one of a set of basic rules that define a sport

constrict verb to become narrower, or make something, especially a blood vessel, narrower

constrictor noun a muscle that squeezes an organ or makes an organ contract

contact sport noun any sport in which physical contact between players is an integral part of the game, e.g. boxing, rugby or taekwondo

contaminated adjective made impure by the presence of substances that are harmful to living organisms

contamination noun 1. the act of making something impure by touching it or by adding something to it 2. a state of impurity caused by the presence of substances that are harmful to living organisms

contentious adjective causing or likely to cause disagreement and disputes between people with differing views

contest noun an organised competition for a prize or title, especially one in which the entrants appear or demonstrate their skills individually and the winner is chosen by a group of judges

contest arena noun the place in which an athlete performs in competition, which may differ in important ways from the training arena

contextual interference noun the effect of performing a skill in a different context to the one in which it is usually performed, e.g. in competition
continuity theory noun the idea that, to adjust to retirement from professional sport, it is best to wind down gradually, replacing old roles with new ones such as taking up coaching or commentating

continuous passive motion noun a technique, used in the rehabilitation of injured limbs, in which the limb is moved and manipulated passively without using the muscles

continuous reinforcement noun behavioural reinforcement that is given every time the correct behaviour is exhibited

continuous skill noun an activity that has no real beginning, middle and end and can go on for any length of time, e.g. swimming or cycling

continuous training noun steady exercise at a medium intensity with no bursts of activity or rest periods. Compare interval training

contract noun a formal or legally binding agreement, e.g. one setting out terms of employment ■ verb 1. to become smaller and tighter, or make a muscle or part of the body smaller and tighter 2. to make a formal or legally binding agreement with someone to do something

contractile adjective able or tending to shrink, tighten or become narrower

contractile time noun the time taken for a muscle to become fully tense from a state of complete relaxation

contractile tissue noun the fibres in muscle that can contract, composed of actin and myosin

contraction noun a tightening movement that makes a muscle shorter, makes the pupil of the eye smaller or makes the skin wrinkle

contractor noun something that contracts, e.g. a muscle

contract-relax stretching noun stretching in which the muscle is fully contracted then stretched out, usually with the aid of a partner

contracture noun a permanent tightening of a muscle caused by fibrosis

contraindication noun a sign that a particular exercise should not be performed, e.g. pain or stiffness

contrast baths plural noun a set of hot and cold baths used to administer alternating heat and cold therapy for an injured limb

contrecoup noun an injury to one side of an organ, especially the brain, as a result of a blow that causes it to swing inside the retaining cavity

control noun skill in using something or in performing

control group noun a group of people who are not being treated but whose test data are used as a comparison in a study

controlling aspect noun in competing response theory, the degree to which an athlete is motivated by external rewards at the expense of internal motivation

contusion noun same as bruise

convalescence noun gradual return to good health after an illness or medical treatment, or the period spent recovering

convergence noun the turning inwards of both eyes in order to look at something nearer than the previous object viewed

conversational index noun a measure of how easy an athlete finds it to speak while exercising at various intensities, which indicates their anaerobic threshold

conversion noun (in rugby) a kicking of the ball over the crossbar following a try, or the score made with a successful kick
conversion disorder noun a neurosis marked by the appearance of physical symptoms such as partial loss of muscle function without physical cause but in the presence of psychological conflict

convert verb 1. (in rugby) to add to the points awarded for a try by following it with a successful kick of the ball over the crossbar 2. to take advantage of an opportunity offered by an opponent, such as by winning a break point in tennis

convulsion noun a violent shaking of the body or limbs caused by uncontrollable muscle contractions, which can be a symptom of brain disorders and other conditions

convulsive adjective undergoing or producing uncontrollable jerking of the body or limbs

cool down verb to become less warm after exertion

cool-down noun a session of gentle activity and stretching after exercise to relax the muscles

coordination noun the ability to use two or more parts of the body at the same time to carry out a movement or task

coordinative structure noun a group of muscles that are functionally interlinked

COPE model noun a model designed to help athletes manage their stress, in which the elements are Control over emotions, Organisation of stimuli, Planning of a suitable response and Execution of the response

coping skills plural noun learned methods of managing strong feelings in response to events, so that they do not detract from a generally positive mindset

coping strategy noun + coping skills

copper noun a metallic trace element (NOTE: The chemical symbol is Cu.)

copper gluconate noun a metabolisable form of copper used as a supplement to treat deficiency

coracoid noun a bony projection on the shoulder blade in most mammals

coracoid projection noun a knob on the shoulder blade to which the biceps brachii muscle is attached

cored adjective having tensed or well-developed muscles visible as ridges or ripples

core stability noun the fact of having strong abdominal and back muscles so as to maintain proper posture when doing other exercises

core temperature noun the optimum internal body temperature of a person, which it is dangerous to raise or lower

Cori cycle noun the way in which excess lactic acid produced by muscles is converted back to glucose so that it can be reused for energy production

cork noun a heavy bruise to the quadriceps

conneal abrasion noun a tiny scratch on the surface of the eyeball, often incurred during contact or ball sports

corner noun 1. the part of the playing field or surface where two boundaries meet 2. a free kick or shot from a corner of the field, given to the attacking team when a defending player plays the ball over the goal line 3. (in boxing and wrestling) any of the four parts of a ring where the ropes are attached to the posts, especially the two where the competitors rest between rounds

coronal plane noun a plane at right angles to the median plane, dividing the body into dorsal and ventral halves

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coup de grâce

coronary adjective used for describing the arteries that supply blood to the heart muscles

coronary artery noun either of the two arteries that supply blood to the heart muscles

coronary circulation noun blood circulation through the arteries and veins of the heart muscles

coronary heart disease noun any disease that affects the coronary arteries and may lead to strain on the heart or to a heart attack. Abbreviation CHD

coronary ligament strain noun a strain to the ligament in the knee

coronary occlusion noun a blockage of the coronary arteries, disrupting the blood flow to the heart

coronary thrombosis noun same as atherosclerosis

coronary vein noun a vein of the group that drains blood from the muscles of the heart

corrective activity noun a training exercise designed to correct a problem with a learned skill

corrective therapy noun professional coaching or counselling to correct undesirable behaviour

corrugator noun a muscle that wrinkles the skin when it contracts

cortex noun the outer layer of an organ, as opposed to the soft inner medulla

corticosteroid noun 1. any steroid hormone produced by the cortex of the adrenal glands 2. a drug that reduces inflammation, used in treating asthma, gastrointestinal disease and in adrenocortical insufficiency

corticotrophin noun a hormone secreted by the pituitary gland that stimulates the adrenal glands

cortisol noun same as hydrocortisone

cortisone noun a hormone secreted in small quantities by the adrenal cortex

costal adjective relating to the ribs

costochondral separation noun a sports injury in which one or more ribs becomes detached from the sternum, usually caused by a heavy blow to the chest

costochondritis noun inflammation of the point at which the ribs are attached to the sternum

counsel verb to give someone advice and support on personal or psychological matters, usually in a professional context

counselling noun a method of treating mental disorders in which a specialist talks with a person about his or her condition and how to deal with it

counter verb (in boxing and other full-contact sports) to defend oneself against a punch or kick from an opponent, and deliver a punch or kick in return

counterattack verb to make an attacking move from a defensive position

counterconditioning noun a process of psychological conditioning that attempts to replace somebody’s undesired habitual response to a particular situation with a desired learned response

countering noun a method of encouraging positive thinking by identifying present negative triggers and thoughts, and building new responses to these

coup de grâce noun the final action that assures victory or success
course noun an area where a race is run or where a sport in which players progress over the area is played

court noun the playing area in some sports, e.g. basketball and tennis

cox noun the member of a rowing crew who faces forward, steers the boat and directs the speed and rhythm of the rowers

coxa noun the hip joint (NOTE: The plural is coxae.)

coxal adjective relating to the hip

coxa vara noun an unusual development of the hip bone, making the legs bow

coxitis noun inflammation at the hip joint

cradle noun 1. a frame placed beneath bedclothes covering a patient to keep him or her from touching a sensitive part of the body, e.g. after an injury or operation 2. (in cricket) a shallow curved frame used in catching practice

cramp noun a painful involuntary spasm in the muscles, in which the muscle may stay contracted for some time

cramping noun the occurrence of cramps during or after exercise

cranial nerves plural noun the nerves, twelve on each side, that are connected directly to the brain, governing mainly the structures of the head and neck

craniosacral therapy noun gentle manipulation of the bones of the face, skull and spine, intended to relieve conditions including migraine, sinusitis and musculoskeletal problems

crash verb 1. to collide 2. to suffer a total loss of physical or mental energy, often because of exhaustion or stress

crash course noun a course of study or training done intensively over a short period of time in order to learn the basics of a subject, skill, or activity quickly

crash diet noun a dietary plan that drastically reduces calorie intake for a short period, leading to rapid but unsustainable weight loss

crash helmet noun a hard padded helmet worn by cyclists, racing drivers and others to protect the head in case of an accident

crawl noun a fast swimming stroke in which the swimmer lies face down and uses a flutter kick and an overarm stroke

crease noun 1. (in cricket) any of various lines that demarcate the wicket, especially the popping crease 2. the rectangular area in front of an ice hockey goal 3. the semicircular area surrounding a lacrosse goal

creatine noun a compound of nitrogen found in the muscles, produced by protein metabolism and excreted as creatinine

creatine kinase noun an enzyme that breaks down phosphocreatine into creatine and phosphoric acid, releasing energy

creatine monohydrate noun a form of creatine sold as a bodybuilding supplement

creatine phosphate noun a store of energy-giving phosphate in muscles

creatinine noun a substance that is the form in which creatine is excreted

creativity noun the ability to use the imagination to develop new and original techniques or make unorthodox plays to successfully deal with difficult situations

creep effect noun a condition in which a vertebral disc is put under repeated pressure, causing it to leak tissue and become tight and hardened
crepitus noun 1. a harsh crackling sound heard through a stethoscope in a person with inflammation of the lungs 2. a scratching sound made by a broken bone or rough joint
crew noun the rowers and cox of a racing boat
cricket noun an outdoor sport played by two teams of 11 players using a flat bat, a small hard ball, and wickets. A player scores by batting the ball and running, while the defenders can get a player out by bowling and hitting the wicket, catching a hit ball, or running the player out.
crista noun a ridge, e.g. the border of a bone
criterion-referenced test noun a situation in which a competitor must achieve a predetermined standard or score, rather than beat a competitor’s score
critical power noun a level of intensity that is the highest that a person can exercise at without becoming exhausted
criticise verb to say what is wrong with something
criticism noun a spoken or written opinion or judgment of what is wrong or bad about someone or something
cromoly noun a steel alloy that is light and durable, used to make sports equipment such as bicycle frames
croquet noun an outdoor game, usually played on a lawn, in which the players use long-handled wooden mallets to hit large wooden balls through a series of hoops
cross noun 1. a pass that sends the ball across the field in a team game such as hockey 2. a punch thrown at a boxing opponent from the side, in response to and evading the opponent’s jab or lead ii. verb in football and some other games, to make a pass that sends the ball across, rather than up or down, the field
crosscheck verb (in hockey, ice hockey and lacrosse) to obstruct an opposing player by using both hands to thrust a playing stick across his or her body
cross-country noun a sporting activity or event such as running, cycling or racing that is done off the roads
cross-country skiing noun skiing on long narrow skis across open countryside on fairly level ground
crosscourt adjective hit or thrown from one side of a playing court towards the other, especially in tennis or basketball
crossfield adjective kicked or thrown from one side of a playing field towards the other; especially in football or rugby
cross-frictional massage noun a form of massage in which the pressure is applied across the fibres of the muscle
cross-sex effect noun the fact of having members of the opposite sex in the audience, and the effect that this may have on an athlete’s performance
cross-train verb to learn one or more tasks or skills at a time, or teach someone one or more skills
crosstrainer noun 1. an athlete who trains for more than one competitive sport at a time 2. an exercise machine intended to help develop many different groups of muscles ■ plural noun crosstrainers sports shoes designed for more than one sporting activity
cross training noun fitness training in different sports, e.g. running and weight-lifting, usually undertaken to enhance performance in one of the sports
crowd control noun methods of coping with large groups of people such as at a sports game, making sure that they each have space and can move freely
cruciate ligament noun any ligament shaped like a cross, especially either of two ligaments behind the knee that prevent the knee from bending forwards

cruiserweight noun (in professional boxing) a weight category for competitors whose weight does not exceed 86 kg or 190 lb

crunch noun a form of sit-up in which the body is only partially raised, intended to strengthen the abdominal muscles

crural adjective relating to the thigh, leg or shin

crural length noun the ratio of thigh length to total leg length, relevant in some athletic events that involve jumping

crutches plural noun a pair of long sticks with handgrips and rests for the forearm or armpit, used for support by a person who is unable to walk unassisted

cryokinetics noun the combination of massage and ice therapy in the rehabilitation of a sports injury

cryotherapy noun same as ice therapy

CSAI-2 noun a method used to measure levels of competitive state anxiety, which looks at both the athlete’s general tendency towards stress (A-trait) and their tendency to suffer stress under pressure (A-state). Full form Competitive State Anxiety Inventory-2

CT scan noun a system of examining the body in which a narrow X-ray beam, guided by a computer, photographs a thin section of the body or of an organ from several angles, using the computer to build up an image of the section. Full form computerised tomography scan

cubital adjective relating to the elbow

cuboid subluxation noun misalignment of the middle bone of the foot, often caused by landing awkwardly from a jump

cue noun 1. (in games such as snooker and pool) a long tapering stick used for striking the cue ball 2. a stimulus or pattern of stimuli, often not consciously perceived, that results in a specific learned behavioural response

cue ball noun in billiards, snooker or pool, the white ball struck with the cue so that it strikes the object ball in turn

cuff noun an inflatable band fastened around a patient’s arm when measuring blood pressure

cuneiform adjective used for describing any of three wedge-shaped bones of the ankle

cup noun 1. a sporting competition in which the winner’s prize is a large ornamental cup 2. US an athletic support reinforced with plastic or metal, worn to protect the male genitals during team sports

Cup Final noun the final match in a knockout sports competition, especially in football

cup holder noun a team that won the cup in the previous staging of a sporting competition or tournament

cup tie noun a match in a knockout competition for which the prize is a cup

curl noun a weight training exercise in which a weight held in the hand or hands is lifted by curling the forearm towards the upper arm

curl bar noun a weighted shaped bar designed for use when performing curls

curling noun a team game played on an ice rink, in which a heavy polished stone with a handle is slid towards a circular target (000)
curl-up noun a type of sit-up performed slowly with great attention to technique and form
cursorial adjective having a body or body parts particularly well-adapted for running
curvesball noun in baseball, a ball that when pitched drifts to the left if thrown by a right-handed pitcher and to the right if thrown by a left-handed pitcher
curved last noun same as performance last
curvilinear adjective moving along a curved path or line
Cushing response noun a raise in blood pressure combined with a slowing heart rate, a classic symptom of intracranial pressure caused by a head trauma
custom drug noun a drug that targets a specific condition, especially a drug that is tailored to an individual patient’s genetic requirements
cut verb 1. to hit a ball with a racket in such a way that it spins as it flies through the air 2. to strike a cricket ball square on the offside with the bat more or less parallel to the ground
cutaneous adjective relating to the skin
cutting up noun the practice of reducing bodily water retention in order to improve muscular definition. Also called drying out
CV training abbreviation cardiovascular training
cyanocobalamin noun same as vitamin B12
cyanosis noun a condition characterised by a blue colour of the peripheral skin and mucous membranes, a symptom of lack of oxygen in the blood, e.g. in heart or lung disease
cycle noun 1. a series of events that recur regularly 2. same as bicycle • verb to ride a bicycle
cycling noun the sport of riding a bicycle
cyclocross noun the sport of racing bicycles across rough country
cyst noun an unusual growth in the body shaped like a pouch, containing liquid or semi-liquid substances
cysteine noun a sulphur-containing amino acid that is converted to cystine during metabolism
cystine noun an amino acid
cystinuria noun a genetic disease involving high levels of cysteine in the urine, causing the formation of kidney stones
cytoplasm noun a substance inside the cell membrane that surrounds the nucleus of a cell
cytoplasmic streaming noun the movement of cytoplasm within living cells resulting in the transport of nutrients and enzymes
Dactylon noun the tip of the middle finger, an anatomical site used in anthropometrical measurements

Daily dozen noun a set of physical exercises done each day (informal)

Dan noun 1. one of the numbered black-belt levels of proficiency in martial arts such as judo and taekwondo. Also called dan grade 2. somebody who has achieved a dan
dancercise noun aerobic exercise in the form of dance

DanceSport noun dancing as a competitive activity
dark horse noun a little-known competitor who achieves unexpected success in a race or other sporting contest
darts noun an indoor game in which players take turns throwing arrow-shaped missiles (darts) from a set distance at a circular board (dartboard) placed at about eye level on a wall

DCO abbreviation doping control officer
dead adjective 1. not sensitive 2. in some sports, used to describe a ball that has crossed the boundary of the playing area
dead arm noun a situation in which the shoulder socket briefly dislocates before slipping back in, causing pain and numbness in the arm
dead ball noun a ball that temporarily cannot be used for the purposes of the game, usually because it has gone outside the playing area
dead heat noun a race or other competition in which two or more contestants finish together or with the same score
dead leg noun a situation in which the quadriceps muscle is crushed against the bone by a heavy blow, causing pain and restricted movement
deadlift noun 1. a weightlifting event in which a weight is raised from the floor to the level of the hips and lowered again in a controlled manner 2. an exercise in which a barbell is lifted from the floor, emphasising proper posture
dead space noun same as respiratory dead space
debridement noun the removal of dead or damaged tissue from a injury site to promote rapid healing
decalcification noun same as bone loss
decalcify verb to lose calcium or a calcium compound, or remove calcium or a calcium compound from bones or teeth
decathlete noun an athlete who competes in a decathlon

decathlon noun a contest in which athletes compete in ten different events and are awarded points for each to find the best all-round athlete. The events are long jump, high jump, pole vault, shot put, discus, javelin, 110-metre hurdles, and running over 100 metres, 400 metres, and 1,500 metres.

decelerate verb to reduce speed, or make something do this

deceleration noun the act or process of reducing speed or making something go more slowly

deceleration injury noun an injury such as whiplash that occurs when a moving body suddenly stops

decider noun something that settles the outcome of a contest or argument, especially, in sport, a game played to determine the ultimate winner

decision noun a win in a boxing match that is awarded to the fighter who is given the higher total of points by the judges

decide verb (in cricket) to end an innings before all the batsmen have been dismissed, having decided, as the batting side or the captain of it, that the team has probably made enough runs

decompression noun a situation in which the heart is faced with an increased workload and is unable to cope

decompression noun 1. the expansion of small nitrogen bubbles in body tissues that occurs as a person rises from a scuba dive, which can be harmful if not controlled 2. a surgical procedure carried out to reduce pressure in an organ or part of the body caused, e.g., by fluid on the brain, or to reduce the pressure of tissues on a nerve

decompression sickness noun damage to bodily tissues caused by decompression when rising from a scuba dive too quickly, with symptoms including skin rashes, extreme fatigue, joint pain, breathing difficulties and unconsciousness

decompression sickness noun damage to bodily tissues caused by decompression when rising from a scuba dive too quickly, with symptoms including skin rashes, extreme fatigue, joint pain, breathing difficulties and unconsciousness

decompression sickness noun damage to bodily tissues caused by decompression when rising from a scuba dive too quickly, with symptoms including skin rashes, extreme fatigue, joint pain, breathing difficulties and unconsciousness

decompress verb to lose physical fitness through lack of exercise or illness, or cause someone to do this

d ectant noun a drug that reduces congestion and swelling, sometimes used for unblocking the nasal passages

dedication noun the quality of being committed to achieving a goal

dedicated adjective located, coming from or reaching relatively far inside the body

deeprange conditioning noun conditioning that builds up strength in minor muscles, allowing greater flexibility

deeprange conditioning noun conditioning that builds up strength in minor muscles, allowing greater flexibility

deeprange massage noun a form of deep-tissue massage in which stroking pressure is applied along the length of the muscle, removing accumulated fluids. Abbreviation DSM

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deeprange massage noun a form of deep-tissue massage in which stroking pressure is applied along the length of the muscle, removing accumulated fluids. Abbreviation DSM

defeat verb to win a victory over an opposing player or team a noun the fact or an instance of losing to an opposing player or team in a competition

defence noun 1. in sports, the method or manoeuvres that prevent the other team from scoring 2. the sports team members who have responsibility for defence (NOTE: The US spelling is defense.)

defend verb 1. to resist the attacks of an opposing player or team and try to prevent them from scoring 2. to try to retain a sporting title by competing in the relevant competitions 3. to protect the goal and goal area from the attacks of the opposition
defender noun 1. a player whose role is to try to prevent the opposition from scoring or getting into a scoring position. 2. the holder of a title that is being challenged

defensive adjective 1. concentrating more on preventing an opponent from gaining an advantage than on scoring. 2. US relating to those players who have responsibility for defence

deferent adjective going away from the centre

deferred gratification noun a situation in which a person sacrifices short-term comfort for long-term goals, which will bring greater satisfaction

defibrillator noun a machine that administers a controlled electric shock to the chest or heart to correct a critically irregular heartbeat that cannot drive the circulation

deficiency noun 1. a lack of something necessary, especially a nutrient. 2. a failure to reach the required standard in something

deficiency disease noun a disease caused by lack of an essential element in the diet such as vitamins or essential amino and fatty acids

deficient adjective 1. lacking a particular quality or nutrient, especially one that is expected or necessary. 2. not meeting the required standard

defined adjective used for describing of a person’s physique that shows good muscle tone

definition noun the quality of being clearly or sharply visible

Défi sportif noun an annual multi-sport event held in Montreal, open to athletes with disabilities

deft adjective moving or acting in a quick, smooth and skilful way

degenerative arthritis noun same as osteoarthritis

dehydrate verb to lose water

dehydration noun a dangerous lack of water in the body resulting from inadequate intake of fluids or excessive loss through sweating, vomiting or diarrhoea

deonised water noun purified water that has been through a process that removes mineral salts. Also called demineralised water

delayed onset muscle soreness noun pain in the muscles felt for one or two days after unusually intense exercise. Abbreviation DOMS

deleterious adjective having a harmful or damaging effect on someone or something

delinquency noun antisocial or illegal behaviour or acts, especially by young people. hooliganism

delinquent noun someone, especially a young person, who has acted antisocially

deltoid noun a thick triangular muscle that covers the shoulder joint

delts plural noun the deltoid muscles (informal)
demineralised water noun same as deonised water

democratic coaching noun a coaching style in which the athlete or team are actively involved in training decisions

demographic adjective relating to the details of a population

demographics noun the study of human populations

demonstration sport noun a sport that is contested in the Olympics on a trial basis and has yet to be accepted as a permanent medal sport
dendrite, dendron noun a branched extension of a nerve cell that receives electrical signals from other neurons and conducts those signals to the cell body

denervate verb to deprive an organ or body part of nerves, either by cutting them or by blocking them with drugs, e.g. to control pain

denervation noun the stopping or cutting of the nerve supply to a part of the body

densitometry noun the measurement of the density of bodily organs and tissues such as bones

dental injury noun damage caused to the teeth by a collision or facial injury

deoxyribonucleic acid noun full form of DNA

Department of Health noun a UK government department in charge of health services. Abbreviation DH

dependence noun the fact that a person is addicted to a substance

depolarisation noun the reversal of the normal electrical polarity of a nerve or muscle cell membrane during the passage of a nerve impulse or muscle contraction

depressed fracture noun a fracture of a flat bone such as those in the skull where part of the bone has been pushed down lower than the surrounding parts

depression noun 1. a psychiatric disorder showing symptoms such as persistent feelings of hopelessness, dejection, poor concentration, lack of energy, inability to sleep and, sometimes, suicidal tendencies 2. the act of lowering a limb

depressor noun 1. a muscle that pulls part of the body downwards 2. same as depressor nerve

depressor nerve noun a nerve that reduces the activity of an organ such as the heart and lowers blood pressure

depth perception noun the ability to perceive objects and their spatial relationship in three dimensions

deranged adjective used for describing the jaw when it has been moved out of alignment by a heavy blow

descriptive feedback noun feedback, given by a coach on an athlete’s performance, that involves a detailed description of the performance

desensitisation noun a method of stress management in which the athlete visualises the potentially stressful situation while in a calming environment

desensitise verb to make something less sensitive to something such as pain, e.g. by stretching a muscle more over a period of time

designer drug noun a medicine that has been synthesised with the aim of producing a specific effect, e.g. muscle growth

desmin noun a filament found in skeletal and smooth muscle tissues

detached retina noun an injury to the eye in which the retina becomes loose, usually affecting vision and caused by a heavy blow

detachment training noun athletic training that helps athletes to ignore unnecessary stimuli such as crowd noise when performing

deteriorate verb to become worse

detox noun (informal) 1. a medical facility in which alcoholics or drug addicts are detoxified 2. the detoxification of an alcoholic or drug addict

detoxication noun the process in which toxic compounds in the body are metabolised into ones that can be excreted
detoxification noun 1. the process of removing a toxic substance from something or counteracting its toxic effects 2. the process of subjecting yourself to withdrawal from a toxic or addictive substance such as alcohol or drugs
detoxify verb to subject somebody or yourself to withdrawal from a toxic or addictive substance such as alcohol or drugs
detraining noun the effects seen when an athlete stops training, including loss of flexibility, agility and skills
deuce noun (in tennis, badminton and other racket sports) a situation in which a player must score two successive points to win after the score is tied
dexterity noun ease and skill in physical movement, especially in using the hands and manipulating objects
dexterous adjective characterised by ease and skill in physical movement, especially in using the hands and manipulating objects
dextrose noun same as glucose
DHA noun a polyunsaturated essential fatty acid found in cold-water fish and some algae that has been linked to the reduction of cardiovascular disease and other health benefits. Full form docosahexanoic acid
diabetes noun a disorder in which the amount of glucose in the blood is too high because the body does not produce enough of the hormone insulin needed to convert the glucose from food into energy
dialogue noun a formal discussion or negotiation in which both parties put their views
diamond noun 1. the area of a baseball field bounded by home plate and the three bases 2. an area for playing baseball including the infield and the outfield
diamorphine noun the drug heroin when used medicinally as a painkiller
diapedesis noun a condition in which blood leaks through the apparently unruptured walls of blood vessels into surrounding tissue, as a reaction to severe inflammation or injury
diaphragm noun a thin layer of tissue stretched across an opening, especially the flexible sheet of muscle and fibre that separates the chest from the abdomen and moves to pull air into the lungs in respiration
diaphysis noun the long central part of a long bone. Also called shaft
diarrhoea noun a condition in which someone frequently passes liquid faeces
diarthrosis noun a condition in which someone frequently passes liquid faeces
diastasis noun 1. a condition in which a bone separates into parts 2. dislocation of bones at an immovable joint
diastole noun the part of the process involved in each beat of the heart when its chambers expand and fill with blood. The period of diastole lasts about 0.4 seconds in an average heart rate. Compare systole
diastolic adjective relating to the diastole
diastolic blood pressure noun the pressure of blood in a person’s artery when the heart contracts, shown written over the systolic blood pressure reading. Compare systolic blood pressure
diathermy noun heat treatment used for relieving sports injuries using microwaves or short waves

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diet noun 1. the amount and type of food eaten 2. the act of eating only particular types of food, in order to become thinner, to cure an illness or to improve a condition
dietary adjective relating to food eaten
dietary fat noun fat from food, which is an essential nutrient and also transports other nutrients such as fat-soluble vitamins
dietary fibre noun food materials that cannot be hydrolysed by digestive enzymes and are therefore important for digestive health, found in fruit and grains. Also called roughage, non-dietary polysaccharides
dietary guidelines plural noun public advice on healthy eating
dietary intake noun the amount of a nutrient that a person receives through their diet
dietary reference value noun the amount of a particular nutrient that is recommended per person per day by official bodies
dietary supplement noun a supplement
diet drink noun a drink that is low in calories or is a reduced-calorie version of a popular drink
dieter noun someone who is on a diet, especially a weight-loss diet
dietetic adjective relating to diets
dietetic foods plural noun food designed for people with specific nutritional requirements
dietetics noun the study of food and its nutritional value
diethylpropion noun an anorectic drug used for treating obesity
diet-induced thermogenesis noun an increase in heat production in the body after eating. Abbreviation DIT
differential relaxation noun the ability to consciously relax muscles that are not being used for a particular movement so as not to waste energy
diffident adjective lacking self-confidence
diffusion noun 1. the process of mixing a liquid with another liquid, or a gas with another gas 2. the passing of a liquid or gas through a membrane
digastric adjective used for describing a muscle, especially the muscle on either side of the lower jaw, in which two fleshy parts are connected by a tendon
digest verb to break down food in the stomach and intestine and convert it into elements that can be absorbed by the body
digestibility noun the percentage of a food that is digested and absorbed
digestible adjective possible to digest
digestion noun the act of breaking down food in the stomach and intestine and converting it into elements that can be absorbed by the body
digestive enzyme noun an enzyme in the digestive system that aids the biochemical breakdown of food in the body
digestive system noun the set of organs that comprises the stomach, liver and pancreas, responsible for the digestion of food. Also called alimentary system
digital adjective relating to the fingers or toes
digital scales plural noun personal weighing scales that give a digital reading
digital skipping rope noun a skipping rope with a digital monitor in the handle that counts the number of rotations
dilatation noun the widening of a cavity or passage such as the aorta, increasing the volume of blood that is pumped

dilator noun 1. an instrument used for widening the entrance to a bodily cavity 2. a drug used for making part of the body expand

diluent noun a substance used for diluting a liquid, e.g. water

dinghy noun a small boat, especially one with one mast and sails, used for recreation or racing

dip noun an exercise on parallel bars in which the elbows are bent until the gymnast’s chin is level with the bars, and the body raised by straightening the arms
diploë noun a layer of spongy bone tissue filled with red bone marrow, between the inner and outer layers of the skull
diplopia noun double vision, often caused by a heavy blow to the head or eye region
dipsis noun an unusually great thirst, or a craving for unusual drinks
dipsetic adjective provoking thirst
dipsogen noun something that provokes thirst
dipyridamole noun a drug that widens the blood vessels, used for treating angina and preventing the formation of blood clots
direct free kick noun free kick
dirt track noun a track of earth mixed with gravel and cinders that is used for horse racing or motorcycle racing
disability noun a condition in which part of the body does not function in the usual way and makes some activities difficult or impossible. learning disability
disability sport noun a sport such as boccia that is suitable for, or specially designed or adapted for, athletes with disabilities
disarticulate verb to separate something at the joints, or come apart at the joints
disc noun a flat round structure. intervertebral disc
disciplinary hearing noun a formal investigation by a sports federation into banned substance use by an athlete under their jurisdiction
discipline noun 1. the ability to behave in a controlled and calm way even in a difficult or stressful situation 2. mental self-control used in directing or changing behaviour, learning something or training for something 3. a particular field of activity within a wider context, e.g. the discipline of javelin within athletics or of the parallel bars within gymnastics
disclaimer noun a statement refusing to accept responsibility for something, e.g. a denial of legal liability for any injury associated with a product
discomfort noun a feeling of mild pain
discharging principle noun (in performance feedback) the tendency of an athlete to reject the advice of a coach if it is felt that the coach has a generally negative or unfair viewpoint
discrete skill noun a skill that has an easily discernible beginning, middle and end, e.g. hitting a ball
discriminate verb to treat one person or group unfairly, usually because of prejudice about race, ethnicity, age, religion or gender
discrimination noun the act of treating one person or group unfairly, usually because of prejudice about race, ethnicity, age, religion or gender
discus noun 1. a weighted disc thrown in competitions by an athlete who spins with outstretched arms to launch it from the flat of his or her hand 2. an athletics event in which the contestants compete to throw a discus as far as possible

disinhibition noun conditioning that reverses the inhibitory effect of something such as the Golgi organs

disinhibition training noun training carried out to desensitise the Golgi organs in skeletal muscle tendons, so that they can be stretched further

dislocate verb to displace a bone from its usual position at a joint, or to become displaced

dislocated adjective used for describing a joint that is out of alignment, usually as a result of a fall or heavy blow

dislocation noun a condition in which a bone is displaced from its usual position at a joint. Also called luxation

disordered eating noun unusual eating habits that may present a risk to health, without exhibiting all the symptoms of a recognised eating disorder

disorientation noun feeling lost or confused, especially with regard to direction or position, sometimes as a result of a head injury

dispensable amino acids plural noun same as non-essential amino acids

displaced adjective used for describing an organ or bone that is not in the correct position

displaced fracture noun a fracture in which the pieces of bone move out of alignment with each other

displaced intervertebral disc noun a disc which has moved slightly, so that the soft interior passes through the tougher exterior and causes pressure on a nerve

displacement noun 1. the fact of being moved out of the usual position 2. the inappropriate transference of feelings from one situation to another, such as when taking out aggression caused by an earlier incident on an innocent person

disqualification noun the state of being disqualified from competition

disqualified adjective of a sports team or athlete, prevented from taking part in a competition because of a rules violation

disqualify verb to prevent a sports team or athlete from taking part in a competition because of a rules violation

dissociation noun the act of ignoring irrelevant stimuli such as crowd noise when competing so as to better concentrate on the game

dissociative adjective used for describing the attentional style of an athlete who tends to focus more on external stimuli

dissociator noun a type of athlete who needs to concentrate on external stimuli and blot out internal thoughts or sensations in order to perform, e.g. a player of team sports

distal adjective used for describing a body part situated away from the main trunk of the body

distance noun a measurement of the space between two points

distance running noun running that is over a considerable distance, e.g. marathon running

distend verb to expand, swell, or inflate as if by pressure from within, or cause something to do this
distended adjective made larger by gas such as air, by liquid such as urine, or by a solid

distension noun a condition in which something is swollen

distraction injury noun a stain or rupture caused by incorrect responses to neural stimuli, e.g. contracting a muscle when it should be stretched, caused by fatigue or stress

disuse noun the fact or condition of not being used, applied, or followed, especially for a long time

diuresis noun an increase in the production of urine

diuretic noun a substance that increases the production of urine

dive verb 1. to perform a pattern of acrobatic movements in the air ending in a headfirst plunge into water, especially as a sport 2. to swim below the surface of a stretch of water, often with special breathing apparatus

diving board noun a raised board at the edge of a swimming pool from which to dive into the water

diving reflex noun a reflex in which the heart rate slows and blood vessels of the skin narrow on immersion in cold water to conserve oxygen

division noun a group of teams of roughly similar standard in a sports league

division of labour noun the way in which a team divides tasks up between the players for maximum efficiency

dizziness noun the feeling that everything is going round because the sense of balance has been affected

dizzy adjective feeling that everything is going round because the sense of balance has been affected

DNA noun a chemical substance that is contained in the cells of all living things and carries their genetic information. Full form deoxyribonucleic acid

docosahaexanoic acid noun full form of DHA

dominant adjective important or powerful

DOMS abbreviation delayed onset muscle soreness

dopamine noun a substance found in the medulla of the adrenal glands, which also acts as a neurotransmitter

dopaminergic system noun part of the central nervous system responsible for motivational, emotional and cognitive processes, e.g. learning and attention

dope noun 1. a drug given illegally to affect performance 2. an illegal drug, especially cannabis (slang) ■ verb to add a drug to food or drink secretly in order to affect performance

dopehead noun somebody who takes illegal drugs regularly or who is physiologically or mentally dependent on them (slang)

dopester noun US somebody who is able to supply information and analysis about current events and forecasts for the future, especially in the fields of sport and politics (informal)

doping noun the use of illegal drugs, e.g. steroids, in sport

doping control officer noun an official who oversees the selection of athletes for drugs testing. Abbreviation DCO

doping control station noun an office where urine samples are given by athletes for drugs testing

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doping marker noun, marker 2
dormant adjective inactive for a time. Compare active
dorsal adjective 1. relating to the upper back. Opposite ventral 2. relating to the back of the body
dorsiflexion noun flexion towards the back of part of the body, e.g. raising the foot at the ankle. Compare plantar flexion
dorsum noun the back of any part of the body
dose-related response noun a human response to a stimulant that varies according to the amount it is exposed to
double noun 1. success in two events or competitions in the same year or series or against the same opponent 2. (in cue games) a stroke that makes the ball rebound against a cushion and land in the opposite pocket 3. (in baseball) a hit that enables a batter to reach second base
double-blind testing noun a form of blind testing in which the researchers are not aware which subjects are receiving the supplement and which are receiving a placebo until the results have been collected and analysed. Compare single-blind testing
double fault noun (in tennis) two consecutive serves that land outside the service box or in the net, with the result that the server loses a point
double-fault verb (in tennis) to make two consecutive faulty serves and lose a point as a result
double pull noun the twin action produced by agonist and antagonist muscles contracting and lengthening simultaneously
doubles plural noun a racket game played between two pairs of players
Douglas bag noun a piece of equipment for measuring VO2 and other breathing assessments
downhill noun a skiing race against the clock down a long mountainside course with several hundred yards between marker flags
drag noun the resistance experienced by a body moving through a fluid medium, especially by a swimmer when travelling through the water
drag racing noun the sport or activity of racing cars with specially modified bodies and engines over a distance of a 1/4 of a mile at extremely high speeds
draw noun 1. the act of selecting at random which contestants are to play each other in a sporting contest, or the resulting list of matches to be played 2. a contest that ends with both sides having the same score or with neither side having won 1. verb 1. to finish a game with the scores for the opposing sides level or with neither side having won 2. (in golf) to hit a ball so that it curves in flight following the direction of the golfer’s swing instead of travelling straight
dream team noun the best possible combination of people to perform a task
dressing noun a bandage or other sterile covering put on a wound to protect it from infection or further damage
dribble verb to move a ball along using small repeated movements of the foot, the hand or a stick 1. noun a movement or run made while dribbling a ball, especially in football or basketball
drill noun a sequence of tasks or exercises repeated over and over until they can be performed faultlessly, as used in teaching sports skills 1. verb to make someone repeat a sequence of exercises or procedures over and over again in order to learn it
drive  72

**drive** verb 1. in some sports, to kick or hit a ball forcefully 2. *(in golf)* to hit a long shot from either a tee or a fairway when covering the principal distance between holes 3. *(in basketball)* to dribble the ball through a particular area of the court towards the basket 4. *(in cricket)* to strike the ball very hard and straight with the bat held vertically  

**noun** 1. energy and determination that helps someone achieve what he or she wants to do 2. in some sports, a forceful shot or stroke in hitting a ball 3. *(in golf)* a long shot played from either a tee or fairway, when covering the principal distance between two holes 4. *(in basketball)* a fast direct run towards the basket while dribbling the ball

**drop** verb 1. to let something such as a ball fall 2. to lose a match, game or part of a game

**drop goal** noun *(in rugby)* a goal scored by dropping the ball and then kicking it

**drop handlebars** plural noun *(on a racing bicycle)* handlebars that curve downwards, enabling the rider to adopt a more aerodynamic posture

**drop kick** noun *(in rugby or American football)* a method of kicking a ball on the half-volley by dropping it from the hands 2. *(in amateur wrestling)* an illegal move in which one wrestler attacks another by leaping into the air and striking an opponent with both feet

**drop shot** noun in racket games, a shot in which the ball drops abruptly to the ground just after passing over the net or hitting the wall

**drubbing** noun a total or humiliating defeat over an opponent or opposing team *(informal)*

**drug-nutrient interaction** noun the effect of a medication on the proper function, absorption or use of a nutrient

**drug-testing programme** noun a systematic attempt to test some or all of the athletes in a sporting competition for banned substances

**drying out** noun same as cutting up

**DSM** abbreviation deep stroking massage

**duathlete** noun an athlete who takes part in a duathlon

**duathlon** noun a sports event in which athletes compete in two endurance events, e.g. cross-country skiing and rifle shooting, or running and swimming

**dumbbell** noun an exercise weight in the form of a metal bar with a metal disc or ball at each end

**dumbbell bench press** noun a bench press performed using dumbbells

**dumbbell flyes** plural noun flyes performed using dumbbells, often lying down

**dumbbell lunge** noun a lunge performed using dumbbells to give extra weight

**dumbbell pullover** noun a pullover performed using a dumbbell held in each hand

**dumbbell rack** noun a sturdy piece of gym equipment for holding dumbbells securely

**dumbbell triceps extension** noun an exercise in which a dumbbell is raised and lowered behind the back with the arms held over the head

**dummy** noun in football, rugby or a similar game, a feigned pass or other move intended to deceive an opponent, especially a tackler  

**duration** noun the length of time for which something continues

**duration-related response** noun a human response to a stimulant that varies according to the time spent exposed to it
Dutoit staple capsulorrhaphy noun treatment for a weak shoulder joint that repeatedly dislocates, in which the glenoid labrum is stapled to the shoulder socket

dynamic balance noun the act of balancing while on a moving surface

dynamic conditioning noun the conditioning of muscles through sports that involve free movement

dynamics noun the branch of mechanics that deals with motion and the way in which forces produce motion

dynamic stretching noun stretching that involves some movement but does not force the muscle past its range of motion

dynamogeny noun the supposed effect on a runner of having faster athletes alongside them, stimulating nervous energy that gives them greater speed

dynamometer noun an instrument for measuring the force of muscular contraction

dynamometry noun the act of measuring the force of muscular contraction

dysbaria noun any disorder caused by differences between the atmospheric pressure outside the body and the pressure inside, e.g. when diving

dysdiadochokinesia noun the inability to carry out rapid movements, caused by a disorder or lesion of the cerebellum

dysfunctional adjective used for describing an organ or other part or system of the body that is unable to function regularly as a result of disease or impairment

dyshydria noun an unusual production of sweat, either excessive or insufficient

dyskinesia noun impairment of control over ordinary muscle movement, often resulting in spasmotic movements or tics

dysorexia noun a disorder of the appetite, e.g. anorexia nervosa or persistently uncontrolled eating

dysplasia noun an unusual development of tissue

dyspnoea noun a disruption to a person’s usual breathing, e.g. unusual shortness of breath or pain experienced when breathing

dyspraxia noun difficulty in carrying out coordinated movements

dysreflexia noun any disorder of the reflexes

dysrhythmia noun an unusual rhythm, either in speaking or in electrical impulses in the brain

dyssynergia noun a lack of muscular co-ordination caused by a brain disorder

dystaxia noun a lack of muscular co-ordination

dysthymia noun persistent depression that has symptoms such as fatigue, low self-esteem, insomnia and appetite disturbances but is not severe enough to amount to a psychosis

dystonia noun a neurological disorder that causes involuntary muscle spasms and twisting of the limbs

dystrophin noun a protein found in muscle that is missing in people with muscular dystrophy

dystrophy noun the wasting of an organ, muscle or tissue owing to lack of nutrients in that part of the body

dysvitaminosis noun a disease caused by either a deficiency or excess of a particular vitamin
early response noun same as ineffective anticipation
East Asian Games plural noun a multi-sport event for athletes from the northeast Asian area, including China, Mongolia and North and South Korea, held every four years
easy set noun a set of exercises that are not challenging, used as a warm-up
easy wicket noun (in cricket) a wicket on which the ball bounces predictably and a batsman can score runs relatively easily
eating disorder noun an illness that causes the usual pattern of eating to be disturbed, e.g. anorexia or bulimia
Eating Disorders Association noun an organisation that provides support and information for people suffering from eating disorders and their families. Abbreviation EDA
eburnation noun the conversion of cartilage into a hard mass with a shiny surface like bone
ECA stack noun a thermogenic sports supplement containing ephedrine, caffeine and aspirin
eccentric action noun an action performed by extending a muscle
eccentric contraction noun a situation in which a muscle is tense, but lengthening, as of the arm muscles when slowly lowering a heavy weight
eccentric strength noun the force exerted by a muscle while it is extending
echymosis noun a dark area on the skin made by blood that has escaped into the tissues after a blow. Also called bruise
ECG noun a graph showing the behaviour of the heart by recording its electrical voltage, produced by a device called an electrocardiograph. Full form electrocardiogram
echinacea noun a herbal remedy prepared from the pulverised leaves and stems of purple coneflowers, thought to bolster the immune system
écorché noun an anatomical model of part or all of the human body with the skin removed, to allow study of the muscle structure
ectomorph noun a body type that is tall, thin and possibly underweight. Compare endomorph
edge noun an advantage over somebody, e.g. a competitor ■ verb 1. to move gradually sideways, or make something move in this direction by pushing it 2. to strike a ball or
other object with the edge of a cricket bat 3. to put weight down on the outer or inner side of a ski so that its edge cuts into the snow

EFA abbreviation essential fatty acid
effective anticipation noun reaction to an anticipated stimulus before it is actually given, resulting in quicker reaction times
effector noun 1. a nerve ending in muscles or glands that is activated to produce contraction or secretion 2. a muscle movement or other bodily action that brings about a desired effect
effector muscle noun a muscle that performs an intended action
efferent adjective carrying something away from part of the body or from the centre. Opposite afferent
efferent nerve noun same as motor nerve
efficacy noun the ability of an individual to use their skills to achieve something
efficiency noun 1. the ability to make a physical movement with a minimum of unnecessary effort 2. a comparison of the effective or useful output to the total input in any system
efficient adjective referring to the ability to act or produce something with a minimum of waste, expense or unnecessary effort
effleurage noun a form of massage in which the skin is stroked in one direction to increase blood flow
effort noun mental or physical energy that is exerted in order to achieve a purpose
effort headache noun a short-lived headache that is brought on by strenuous physical exercise
effusion noun a fluid-filled swelling in the body caused by injury
elapsed time noun the measured amount of time or actual duration of a sporting event such as a race
elastic adjective able to stretch and contract
elastic bandage noun a stretchy bandage used for supporting a weak joint
elastic fibre noun a smooth long thin fibre in connective tissue, composed mainly of the fibrous protein elastin
elastic strength noun the ability to contract a muscle swiftly in order to overcome a resistance
elastic tissue noun body tissue that is composed mainly of elastic fibres and is found in the skin, the walls of arteries, and some ligaments and tendons
elastin noun a fibrous protein resembling collagen that is the main constituent of the elastic fibres of connective tissue
elbow support noun an elastic wrap that protects the elbow from injury during exercise

electrical impedance analysis noun same as bioelectrical impedance analysis
electrical muscle stimulation noun a form of training in which an electrical current is passed through muscles to force them to contract. Abbreviation EMS
electrical stimulation noun same as TENS
electrocardiogram noun full form of ECG
electrocardiograph noun an apparatus for measuring and recording the electrical impulses of the muscles of the heart as it beats
electrolyte

**electrolyte** *noun* a substance in cells, blood or other organic material that helps to control fluid levels in the body and maintain normal pH levels

**electrolyte balance** *noun* the levels of electrolytes in the blood, which should be neither too high, to avoid overloading the kidneys, nor too low, to avoid weakness and malnutrition

**electrolyte drink** *noun* same as sports drink

**electromyogram** *noun* a chart showing the electric currents in active muscles. Abbreviation EMG

**electromyograph** *noun* a machine for producing a graphical tracing of the electrical activity picked up via electrodes inserted into muscle tissue

**electromyopathy test** *noun* a medical test for the proper conduction of electrical signals from nerves to muscles

**electrophysiology** *noun* the study of electrical impulses in the human body

**electrotherapeutic treatment** *noun* treatment of injuries using a mild electrical current applied to the body

**electrotherapy** *noun* the treatment of a disorder, e.g. some forms of paralysis, by using low-frequency electric current to try to revive the muscles

**eleuthero** *noun* a stimulant sports supplement that may increase metabolism

**elevate** *verb* to raise something or to lift something up

**elevated** *adjective* 1. raised to a higher place or position 2. increased

**elevation** *noun* the act of raising a limb to a higher point

**eleven** *noun* a team of 11 players, e.g. a football team or cricket team

**elicit** *verb* to get a response or measurement by performing an action that will provoke it, e.g. by stretching a painful limb to find the source of pain

**eliminate** *verb* to defeat a player or team and put them out of a competition

**elimination tournament** *noun* a series of games, bouts or contests in which a player or team is removed from competition after being defeated

**elite** *adjective* more talented, privileged or highly trained than others

**elitism** *noun* the belief that some people or things are inherently superior to others and deserve pre-eminence, preferential treatment, or higher rewards because of their superiority

**elitist** *adjective* a person who believes in elitism

**elliptical trainer** *noun* an exercise machine that works both the upper and lower body simultaneously

**emaciation** *noun* bodily wasting caused by malnutrition

**embolism** *noun* a condition in which an artery is blocked by a blood clot, interrupting normal blood circulation

**embrocation** *noun* same as liniment

**emetatrophia** *noun* bodily wasting caused by an inability to keep food down

**eminence** *noun* something that protrudes from a surface, e.g. a lump on a bone or swelling on the skin

**emotional eating** *noun* the consumption of food in response to feelings of stress or sadness, rather than hunger

**empty calorie** *noun* food that contains energy but no nutrients
EMS abbreviation electrical muscle stimulation

arthrosis noun movement of a joint in all directions by a ball-and-socket arrangement, e.g. that at the hip and shoulder joints

encapsulate verb to enclose a nutrient, enzyme or other desirable substance within a vehicle such as a lipid, so that it is most efficiently delivered to its source

encapsulated adjective enclosed in a capsule or in a sheath of tissue

encephalin noun either of two chemicals with opiate qualities that are secreted in the brain and spinal cord and act to relieve pain

encapsulation noun to enclose a nutrient, enzyme or other desirable substance within a vehicle such as a lipid, so that it is most efficiently delivered to its source

encapsulated adjective enclosed in a capsule or in a sheath of tissue

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end noun 1. half of a playing field or court, defended by one side 2. (in American football) a player positioned at each end of the offensive or defensive line 3. (in curling and bowls) a phase of play in a particular direction across the rink, green or other playing area

end line noun a line at the end of a court or field that marks the boundary of a playing area

endocardium noun a membrane which lines the heart

endocrine gland noun any gland of the body that secretes hormones directly into the blood or lymph, e.g. the thyroid, pituitary, pineal and adrenal glands

endocrine system noun the study of the endocrine system, its function and effects

endogenous adjective originating or growing within an organism or tissue

endomorph noun a body type that is short, stocky and easily puts on weight. Compare ectomorph

endomysium noun connective tissue around and between muscle fibres

endorphin noun a peptide produced by the brain that acts as a natural painkiller. 

encephalin noun a peptide produced by the brain that acts as a natural painkiller.

endosteum noun a membrane lining the bone marrow cavity inside a long bone

endurance noun the ability or power to bear prolonged exertion, pain or hardship

endurance athlete noun an athlete who has a high level of aerobic fitness

endurance training noun exercises designed to increase an athlete’s level of aerobic fitness

enduro noun a long race, especially one involving motorcycles or cars, in which the emphasis is on endurance rather than speed

energy noun the force or strength to carry out activities

energy balance noun a mathematical relationship between the number of calories a person consumes and the number they expend

energy bar noun a bar-shaped snack made of ingredients intended to boost physical energy

energy-dependent adjective used for describing a sport that involves a great deal of movement or effort and is therefore reliant on energy metabolism, e.g. running or swimming

energy drink noun same as sports drink
energy expenditure

**energy expenditure** noun the amount of energy used during a particular activity such as running or walking

**energy level** noun the amount of energy that a person has over the course of the day, related to such factors as blood sugar levels, activity and how rested they are

**energy requirements** plural noun the number of calories needed to sustain the daily activity of an individual

**energy supplement** noun a supplement designed to give a person more energy, which may contain caffeine, B vitamins, sugar or herbal preparations

**energy therapy** noun a holistic method of healing using energy supposedly contained in and surrounding the human body, mind and spirit

**energy value** noun the amount of energy produced by a given amount of a particular food

**enrich** verb 1. to improve the nutritional quality of food 2. to improve the living conditions of farm animals, e.g. by providing them with larger living areas

**enriched** adjective used for describing food that has had vitamins and minerals added to make it more nutritious

**enrichment** noun the act of adding vitamins, minerals or other nutrients such as milk proteins to food, to make it more nutritious

**enterovirus** noun any virus that lives in the gastrointestinal tract but may multiply there and invade other parts of the body, e.g. poliomyelitis

**enthesis** noun the point at which a tendon joins to a bone

**enthesitis** noun inflammation of, or damage to, an enthesis

**enthesopathy** noun an inflammation or disease of an enthesis

**enzyme** noun a protein substance produced by living cells that aids a biochemical reaction in the body

**enzyme activation assay** noun a test of enzyme activity in red blood cells that reveals vitamin deficiencies

**enzyme defect** noun a metabolic disorder caused by a deficiency of a particular enzyme

**enzyme precursor** noun same as proenzyme

**ephedra** noun a plant used as a stimulant and slimming aid, containing ephedrine

**ephedrine** noun a drug that relieves asthma and blocked noses by causing the air passages to widen

**epicardium** noun the inner layer of the pericardium which lines the walls of the heart, outside the myocardium

**epicritic** adjective used for describing nerve fibres in the skin that are sensitive to fine distinctions in touch and temperature stimuli

**epidemiological study** noun a statistical study of medical conditions that affect a portion of a population, their causes, symptoms and possible preventative measures

**epiglottis** noun a flap of cartilage at the root of the tongue which moves to block the windpipe when food is swallowed, so that the food does not go down the trachea

**epimysium** noun a connective tissue binding striated muscle fibres

**epinephrine** noun same as adrenaline

**epineurium** noun a sheath of connective tissue round a nerve
epiphysis noun the rounded end of a long bone
epistaxis noun same as nosebleed
EPO abbreviation erythropoietin
equaliser noun a goal scored which makes the scores of each team equal
equestrian adjective relating to horses or riding • noun somebody who is skilled at riding horses or performing on horseback
equestrianism noun same as horseriding
erector spinae muscles plural noun the group of muscles in the lower back which flex and move the spine
erg, ergo noun same as ergometer
ergogenic adjective used for describing a stimulant that gives greater energy or improved mental capacity
ergograph noun a piece of equipment that records the work of one or several muscles
ergolytic adjective having a negative effect on muscle capacity
ergometer noun an instrument for measuring muscle power or work done by muscles, e.g. when exercising
ergonomic adjective designed for maximum comfort, efficiency, safety, and ease of use, especially in the workplace
ergospirometry noun the act of performing spirometry during exercise to measure gas metabolism
erythema noun same as rubor
erythrocyte noun a mature red blood cell
erythropoietin noun a banned substance that artificially increases the red blood cell count in the body, increasing oxygen transfer. Abbreviation EPO
essential amino acid index noun a measure of protein quality, expressed as its total amino acid content as compared to egg protein
essential amino acids plural noun the eight amino acids that are essential for growth but cannot be synthesised and so must be obtained from food or medicinal substances
essential fatty acid noun an unsaturated fatty acid that is essential for growth but cannot be synthesised and so must be obtained from food or medicinal substances. Abbreviation EFA
e-stim abbreviation electrical stimulation. • TENS
estimated average requirement noun the amount of a particular nutrient that is estimated to be consumed per person per day by official bodies. Abbreviation EAR
estrane noun a steroid hormone derived from testosterone
ethical adjective 1. concerning ethics, or reasonable or acceptable from a moral point of view 2. used for describing a drug that is available on prescription only
EU abbreviation European Union
euplastic adjective referring to tissue which heals well
eurhythms noun a system of physical exercise, therapy and musical training in which the body moves rhythmically and gracefully in interpretation of a piece of music
EuroGames plural noun a multi-sport event open to participants from all European nations, with an emphasis on gay and lesbian acceptance
European Union noun a group of European countries linked together by the Treaty of Rome, basing their cooperation on the freedoms of movement of goods, capital, people and services. Abbreviation EU

eusitlia noun the state of having a normal appetite

Eustachian tube noun a bony passage extending from the middle ear to the nasopharynx that has a role in equalising air pressure on both sides of the eardrum

eustress noun a feeling of tension that is positive and enjoyable, as in fierce competition

eutrophia noun a normal state of nutrition

evaluate verb 1. to examine and calculate the quantity or level of something 2. to examine someone who is ill or injured and calculate the medical treatment they require

evaporative heat loss noun bodily cooling achieved by the evaporation of sweat from the skin

event noun 1. an action or activity 2. an organised activity in which several players or teams compete against each other

exversion noun the act of turning towards the outside or turning inside out

evodiamine noun a thermogenic stimulant used by athletes

exchange diet noun a weight-loss plan in which the types of food eaten do not matter as long as they add up to the correct number of calorie

exchange lists plural noun tables that show which foods contain equivalent numbers of calories, for use in planning an exchange diet

excitable adjective used for describing a nerve or tissue that is able to respond to a stimulus

excite verb to stimulate or increase the rate of activity of an organ, tissue or other body part

excretion noun the act or process of discharging waste matter from the tissues or organs

executor noun someone who performs an action or task

exercise noun 1. physical or mental activity, especially the active use of the muscles as a way of keeping fit, correcting a deformity or strengthening a part 2. a particular movement or action designed to use and strengthen the muscles 1 verb 1. to undertake physical exercise in order to keep fit and healthy 2. to subject the body, or part of it, to repetitive physical exertion or energetic movement in order to strengthen it or improve its condition

exercise adherence noun motivation to exercise and stay physically fit for its own sake

exercise ball noun a large inflated ball used in exercises to strengthen muscles and improve flexibility and balance

exercise bike noun a fitness machine in the form of a stationary bicycle that is pedalled vigorously for exercise

exercise challenge noun a medical test in which an athlete performs aerobic exercise while his or her breathing patterns are monitored, designed to diagnose exercise-induced asthma

exercise class noun same as fitness class

exercise headache noun same as effort headache

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exercise-induced anaphylaxis noun a condition in which an athlete experiences anaphylaxis-like symptoms after exercise, often linked to food consumption
exercise-induced asthma noun asthma that is caused by exercise such as running or cycling. Abbreviation EIA
exercise intensity noun the degree to which a workout is difficult for the exerciser
exercise machine noun a machine that is specially designed to allow a person to perform a particular exercise or tone a particular area
exercise music noun music with about 120 beats per minute that is suitable for accompanying aerobics and other exercises
exercise platform noun a low step-like platform used for performing step aerobics
exercise prescription noun a personal fitness plan or guidelines given by a professional for health reasons
exercise program noun same as fitness program
exerciser noun 1. a piece of equipment used for exercising the body 2. someone who exercises racehorses
exergonic reaction noun a chemical reaction in which energy is released
exert verb to make a strenuous physical or mental effort
exertion noun physical activity
exfoliate verb to remove or shed a thin outer layer from something such as a bone during surgery
exhalation noun 1. the act of breathing out 2. air that is breathed out opposite inhalation
exhale verb to breathe out. Opposite inhale
exhibition game noun a sports contest played purely as a display of skill and an entertainment for spectators, with no prizes or competition points at stake
exocrine gland noun a gland that releases a secretion through a duct to the surface of an organ, e.g. the sweat and salivary glands
exogenous adjective developing or caused by something outside the organism. Compare endogenous
exogenous nitrogen noun nitrogen in the body that comes from dietary sources, as opposed to metabolic nitrogen
exostosis noun a benign growth on the surface of a bone
expectation noun 1. a confident belief or strong hope that a particular event will happen 2. a standard of conduct or performance expected by or of somebody
expenditure noun the act of using energy
expiration noun the act or process of breathing out
expiratory loop noun the volume of air that is expired at each point during a full forced expiration. A normal expiratory loop should involve a gradual tapering of the amount expired towards the end.
expire verb same as exhale
extended length conditioning noun same as deep-range conditioning
extensible adjective capable of being stretched
extension noun 1. the stretching or straightening out of a joint 2. the stretching of a joint by traction
extensor noun a stretchy band that is pulled between feet and arms to exercise muscles
externaliser noun a personality type in which the individual believes that what happens to them is controlled to a large degree by external variables. Compare internaliser
externally paced adjective used for describing skills that are performed under pressure in reaction to some outside change in situation
external obliques plural noun a pair of abdominal muscles that run diagonally inwards from the outer ribs to the pelvis
external overload noun a situation in which an athlete cannot block out distracting external stimuli and his or her performance suffers
external rotation noun movement of a ball-and-socket joint so that the limb turns outwards
extra time noun an additional fixed period played at the end of a match if the scores are equal at full time and a decisive result is needed
extravasate verb to leak, or cause blood or other fluid to leak, from a vessel into surrounding tissue as a result of injury, burns or inflammation
Extreme Games plural noun an international sports contest, modelled on the Olympic Games, involving competitions in extreme sports
extreme sport noun a sport considered more dangerous and thrilling than ordinary sports and often involving hazardous airborne stunts and tricks
extrinsic motivation noun motivation to achieve a goal out of a desire to win a prize
extroverted adjective 1. interested in people and things other than oneself 2. turned inside out
eyebath noun a small dish into which a solution can be put for bathing the eye
eye tracking noun the act of watching a moving ball
faceguard noun a protective grille worn to protect the face in certain sports, e.g. baseball and American football
face off verb (in ice hockey, lacrosse and similar sports) to start or restart play by dropping the puck or ball between two opposing players
face shield noun a piece of protective sports equipment that covers the head and face and protects them from flying objects
facet noun a flatish surface on a bone
facet joint noun the joint between each vertebra, formed of an intervertebral disc
facet joint syndrome, facet syndrome noun a condition in which a joint in the vertebrae becomes dislocated
facial nerve noun the seventh cranial nerve, which governs the muscles of the face, the taste buds on the front of the tongue and the salivary and lacrimal glands
fad diet noun a diet that is fashionable and often unusual or extreme, followed for a short time
faddy adjective tending to have strongly held likes and dislikes about food
fade verb 1. to lose strength 2. (in golf) to hit a ball so that, in a right-handed shot, it curves slightly from left to right, or be hit in this way ■ noun (in golf) a shot in which the ball curves slightly from left to right in the air
fail verb 1. not to be successful in doing something 2. to become weaker and less likely to recover
failure noun a lack of success in or at something
failure-orientated adjective used for describing a competing athlete who is keen to win in order to avoid the disappointment of failure, rather than for the joy of succeeding
fairway noun the closely mown area on a golf hole that forms the main avenue between a tee and a green
faith healer noun a healer who attempts to treat illness or disorders through prayer, sometimes also by touching the affected person
fakie adverb (in skateboarding) while moving backwards on the board
fall noun in wrestling, a scoring move in which a wrestler forces the opponent’s shoulders to the floor for a specific period ■ verb to drop or be dropped or lowered
fallen arches plural noun a condition in which the arches in the sole of the foot are not high
false rib noun one of the bottom five ribs on each side that are not directly attached to the breastbone

false start noun a situation in which a competitor in a race breaks a regulation governing the starting procedure and the race has to be restarted

famine response noun same as ketosis

faradise verb to stimulate a nerve or muscle using an alternating current

faradism noun the therapeutic application of an alternating electric current to stimulate nerve and muscle function

fartleck training noun same as interval training

fascicle noun a bundle of branches, leaves or stems arising from the same point

fast break noun in team sports, a swift counterattack made in an attempt to score before the opposing players have the chance to recover their defensive positions

fast fibre noun same as fast twitch fibre

fasting noun the practice of going without food

fast twitch fibre noun a type of muscle fibre that contains high levels of ATP and is able to contract swiftly

fat burning noun the consumption of fat reserves by the body for energy, reducing visible body fat, usually achieved by increasing activity levels or decreasing calorie intake

fat content noun the amount of fat in a foodstuff, usually measured in grams

fat-free adjective used for describing foods that contain no animal or vegetable fat

fat-free mass noun all body tissues not containing fat, including bone, muscle, organs, hair, blood and retained water

fatigue noun very great tiredness

fatigue fracture noun same as stress fracture

fat-soluble vitamins plural noun vitamins A, D, E and K, which are not soluble in water

fatty acid noun same as essential fatty acid

featherweight noun (in professional boxing) a weight category for competitors whose weight does not exceed 57.1 kg or 126 pounds

FEC abbreviation forced expiratory capacity

federation noun a group of various bodies or parties that have united to achieve a common goal

feeble adjective lacking physical or mental strength or health

feedback noun comments in the form of opinions about and reactions to something such as athletic performance, intended to provide useful information for future development

feint noun a deceptive move in a competitive sport

felodipene noun a drug used for treating high blood pressure

female athlete triad noun a syndrome sometimes suffered by dedicated female athletes, consisting of the three interrelated health problems of disordered eating, amenorrhoea and bone loss

femoral adjective relating to the thigh

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femoral neck stress fracture noun a fracture of the femur occurring to the narrowest part of the bone, caused by high-impact activities such as running

femoral nerve noun a nerve which governs the muscle at the front of the thigh

femoral pulse noun a pulse taken from a major artery in the thigh

femur noun the bone in the top part of the leg that joins the acetabulum at the hip and the tibia at the knee. Also called thighbone (NOTE: The plural is femora.)

femur width noun an anthropometric measure of thigh breadth

fence verb to fight using a slender sword, formerly in combat, now as a competitive sport

fencing noun the art or practice of fighting with slender swords, formerly in combat, now as a competitive sport

FEV1 noun a measure of the amount of air that a person can forcefully expire in one second. Full form forced expiratory volume 1

fibre noun 1. a structure in the body shaped like a thread 2. same as dietary fibre

fibrillation noun rapid chaotic beating of the heart muscles in which the affected part of the heart may stop pumping blood

fibroma noun a nonmalignant tumour of fibrous connective tissue such as cartilage

fibromyalgia noun a disorder causing aching muscles, sleep disorders, and fatigue, associated with raised levels of the brain chemicals that transmit nerve signals (neurotransmitters)

fibrosis noun a thickening and scarring of connective tissue most often following injury, infection, lack of oxygen or surgery

fibrositis noun a painful inflammation of the fibrous tissue that surrounds muscles and joints, especially the muscles of the back

fibrous joint noun a joint where fibrous tissue holds two bones together so that they cannot move, as in the bones of the skull

fibula noun the thinner of the two bones in the lower leg between the knee and the ankle. Compare tibia (NOTE: The plural is fibulae.)

fibulare noun one of the three ankle bones in the feet that form a joint with the fibula

field noun 1. an open expanse of ground kept or marked out as a playing area for a particular sport 2. all the participants in a race or other competitive event except the leader, winner, or favourite 4. a particular arrangement of cricket fielders around the wicket ■ verb 1. in cricket, rounders or baseball, to retrieve, pick up or catch a ball in play, usually after it has been struck by the person batting 2. in cricket, rounders or baseball, to act as a fielder

field captain noun a leader of a team who decides on tactics and strategy and is authorised to discuss penalties with officials

fielder noun in cricket, rounders or baseball, a player who is positioned on the field of play to catch or retrieve the ball when it is struck by the person batting

field event noun an athletics event that takes place on an open area not on a track, e.g. the discus, javelin, long jump, or high jump

field goal noun 1. (in American football) a score worth three points, made by kicking the ball over the crossbar from a point about ten yards behind the line of scrimmage 2. (in basketball) a goal made during normal play by throwing the ball through the basket, worth two points, or three points if scored from beyond a specific distance
field sports
plural noun outdoor country sports that involve killing or capturing animals, especially hunting, shooting, and fishing

field testing noun testing for something such as biomechanical analysis, carried out at the athlete’s usual training ground, for maximum authenticity of results. Compare lab testing

fighter noun a competitor in a full-contact sport such as boxing or taekwondo

fight-or-flight reaction noun a set of physiological changes, including an increase in heart rate, blood pressure and the flow of epinephrine, that constitutes the body’s instinctive response to impending danger or other stress

figure skating noun a form of competitive skating in which skaters trace patterns on the ice and perform spins, jumps, and other manoeuvres

fine motor skills plural noun the coordination of several small muscles to achieve a complex or subtle movement, as occurs, e.g., when making a facial expression. Compare gross motor skills

finish noun the final part of a race, especially a sprint, acceleration or challenge, near the finishing line

finishing line noun a real or imaginary line that marks the end of a race

fins plural noun broad flat rubber extensions worn on the feet to aid in swimming or diving. Also called flippers

firepower noun the capability or potential of a person, team or organisation for effective action

first eleven noun in football, cricket and other team sports with eleven players per team, the best of several teams competing for the same club at different levels

first fifteen noun in rugby, the best of several teams competing for the same club at different levels

fish oil noun oil obtained from fish, considered beneficial to health because it contains essential fatty acids and vitamins A and D

fit adjective strong and physically healthy (NOTE: fitter – fittest)

fitness noun the fact of being strong and healthy

fitness belt noun a belt that makes use of electronic massage to tone the muscles of the abdomen

fitness centre noun same as leisure centre

fitness class noun a group session of exercise such as yoga, spinning or aerobics, led by a fitness instructor

fitness equipment noun equipment used for exercise, including exercise machines, weights, benches and storage racks

fitness goal noun a target that a person hopes to achieve through a fitness program, e.g. increased flexibility, cardiovascular fitness or muscle development

fitness instructor noun a professional who gives other people advice and training for fitness, often employed by a leisure centre or gym, or who works as a personal trainer

fitness level noun how fit a person is, from absolute beginner to trained athlete

fitness program noun a suitable and coordinated program of exercise undertaken in order to meet a particular fitness goal

fitness rings plural noun a type of extensor
fitness testing noun professional assessment of a person’s fitness level in order to develop a suitable exercise program

Fitt's and Posner's stages plural noun a theory developed in 1967 that describes the three stages of skill acquisition: cognitive stage, associative stage, autonomous stage

five-a-day noun the government-recommended guideline of eating at least 5 portions of fruit and vegetables a day for health

five-a-side noun football with five players in each team, including the goalkeeper, usually played indoors

fixator noun 1. a muscle that immobilises a bone or joint, allowing movements to be performed without straining these 2. a metal rod placed through a bone to keep a part of the body rigid

fixed joint noun a joint in the body where the bones are fused, not allowing any movement, as is the case with the bones of the skull

fixed weight noun a weight that is attached to a weightlifting machine. Compare free weight

fixture noun a sports event or its date

flame-out noun a form of burnout that occurs for a short period of time, usually after a heavy training season or competition

flat feet plural noun feet in which the arches are very low or non-existent. Compare high-arched feet

flat racing noun horse racing over level ground, without fences to be jumped

flavonoid noun a natural compound derived from phenol, belonging to a group that includes many plant pigments

flesh noun the soft part of the body covering the bones

flesh wound noun a wound that only affects the fleshy part of the body

fletching noun the feathered end on an arrow used in archery, which helps to stabilise it in flight

flex verb 1. to bend something, especially a joint in the body 2. to move or tense a muscle, or become tense or contracted

flexibility noun 1. the amount or extent to which something can be bent 2. the extent to which something can change or respond to a variety of conditions or situations

flexibility training noun regular exercise that increases the body’s flexibility, e.g. yoga or Pilates

flexible adjective able to bend or be bent repeatedly without damage or injury

flexion noun the act of bending a joint

flexor noun a muscle that bends a joint or limb when it is contracted

flick noun (in hockey) a penalty shot taken from the penalty spot

flick-on noun (in football and hockey) a light touch on a moving ball with the foot, head or a stick, intended to guide it towards a teammate

flippers plural noun same as fins

float noun a buoyant rectangular board that supports the arms and top of the body of a swimmer, used for learning to swim and for kicking training

floating rib noun either of the two lowest ribs on each side, which are not attached to the breastbone
floor exercise noun an event in a gymnastics competition that consists of a series of tumbling exercises in a timed routine performed on a mat

floor guard noun a covering that protects a gymnasium floor from damage

fluid balance noun the maintenance of the balance of fluids in the body during training

fluid replacement noun the act of replacing lost fluids and salts after heavy exercise, sometimes by using a special sports drink

fluids plural noun all liquids that rehydrate the body, including water, cordials, fruit juice, tea and coffee

flush verb to artificially increase the size of muscles before a bodybuilding competition by using special exercises to fill them with blood

flutter kick noun a swimming technique that consists of moving the legs rapidly up and down in short strokes

flies plural noun exercises performed using weights held in either hand, in which the arms are held horizontal and swung from the front to the sides of the body

fly-half noun (in rugby) a player who plays behind the forwards and the scrum half, provides a link between them and the three-quarter backs, and often has control of the team’s tactics. Also called stand-off half

flying disc noun same as Frisbee

flying start noun a start of a race in which competitors cross the starting line at racing speed

flyweight noun (in professional boxing) a weight category for competitors whose weight does not exceed 51 kg or 112 lb

foam noun 1. a mass of bubbles of air or gas in a liquid film 2. a light, porous, semi-rigid or spongy material used for thermal insulation or shock absorption

focus noun 1. concentrated effort or attention on a particular thing 2. the aim of something, e.g. a fitness programme or a competitive tactic 3. the centre of an infection

NOTE: The plural is foci.

folate noun 1. same as folic acid 2. a salt or ester of folic acid

folic acid noun a vitamin in the vitamin B complex found in milk, liver, yeast and green vegetables such as spinach, essential for creating new blood cells

follow through verb to continue the movement of an arm or leg past the point of contact or of release after hitting, throwing or kicking a ball or other object

follow-through noun the continuation of the movement of an arm or leg past the point of contact or of release after hitting, throwing or kicking a ball or other object

food additive noun same as additive

food allergy noun a reaction caused by sensitivity to particular foods, some of the commonest being nuts, strawberries, chocolate, milk, eggs and oranges

food combining noun the practice of eating different types of food at different times in the belief that this aids digestion and weight loss

food composition noun the percentages of each nutrient present in a particular foodstuff

food diary noun a note of all food eaten by a person over a particular period, used by a dietetic professional to assess their diet

food energy noun the amount of digestible energy provided by food
food exchange diet noun same as exchange diet
food group noun a general category under which foods are grouped, e.g., fats, proteins, dairy, fruits, vegetables and grains
food intolerance noun a sensitivity to, or an inability to digest, a particular food, ingredient or substance, which means that it should be excluded from the diet
food stacking noun the idea of eating nutrients in a particular order to allow them to be digested in the most efficient manner
football noun 1. UK a game in which 2 teams of 11 players try to kick or head a round ball into the goal defended by the opposing team. Also called soccer 2. any game in which two teams kick or carry a ball into a goal or over a line, e.g. rugby, Australian Rules or Gaelic football 3. the large round ball used in the game of football
football boots plural noun a pair of strong shoes with studs, worn for playing football
football ground noun a place where football matches take place, including the field on which the game is played, the area where the spectators sit or stand, and any associated buildings
football pitch noun the rectangular field on which football is played
football strip noun the clothing, of a distinctive colour or combination of colours, worn by the members of a particular football team and sometimes by their supporters
foot-eye coordination noun the ability to perform tasks that involve coordinating the movement of the feet and eyes, as does, e.g., kicking a ball
foot fault noun in tennis, a fault committed by a server whose foot touches any part of the baseline or court before the ball has been hit
foot loop noun an extensor fixed at one end to the floor
footwear noun coverings worn on the feet, especially shoes, boots, sandals or slippers, but often including socks or stockings
foramen noun a natural opening inside the body, e.g. the opening in a bone through which veins or nerves pass (NOTE: The plural is foramina.)
forced expiratory capacity noun the amount of air that can be forcibly expelled in the first few seconds of a forced vital capacity test. Abbreviation FEC
forced expiratory volume 1 noun full form of FEV1
forced rep noun a repetition of an exercise that is difficult and uncomfortable, designed to push the body to build more muscle
forced vital capacity noun the amount of air that can be expelled after inhaling the maximum possible amount into the lungs
force platform noun a piece of equipment like a set of scales that measures the force exerted by the athlete during a jump or action, used for performance testing
forecourt noun the part of the court nearest the net or front wall in games such as tennis, badminton and handball
forehand noun (in racket games) a basic stroke played with the palm of the racket hand facing forwards adjective, adverb (in racket games) played with the palm of the racket hand facing forwards, or relating to a stroke played in this way verb in racket games, to hit the ball with a forehand stroke
foreign body noun an unwanted substance or object in a place in the body where it does not belong, often introduced from an external location and causing irritation or contamination

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form noun 1. the condition of a player, team or athlete with regard to fitness, health and ability to perform well 2. the posture and positioning in which a person does something such as lift a weight 3. (in some martial arts) a formal series of movements, used either for training or to demonstrate technique

form drill noun an exercise that is designed to improve form and technique in a particular activity

forming noun the first stage of team development according to the Tuckman model, in which the team is put together and their goals and objectives set out

formula diet noun a diet of simple substances that do not need digesting

fortified adjective same as enriched

forward noun an attacking player in some team sports, e.g. football, rugby, hockey and basketball

forward pass noun (in rugby) an illegal pass in which the ball goes forward

forward roll noun in gymnastics, a movement in which the body is rolled over in a forward direction, placing the head on the ground and bringing the feet over the head

fossa noun a shallow hollow in a bone or the skin

foul noun an illegal action against an opposing player, or an action that breaks the rules of a sport • verb to act illegally against an opposing player, or break a rule of a sport

foul line noun 1. (in baseball) either of the lines extending from home plate through first and third bases to the end of the playing field 2. (in basketball) either of two lines on a court from which players get unobstructed chances to score a basket after they have been fouled. Also called free-throw line 3. (in some other sports) a boundary beyond which a ball or player is not permitted, e.g. the line in ten-pin bowling where the player must stop before releasing the ball

foul play noun 1. unfair action or behaviour 2. action that is contrary to the rules of a sport

four-four-two noun (in football) one of the most common outfield team formations comprising four defenders, four midfielders and two attackers

fracture noun a break in a bone

frame noun 1. the particular size and shape of someone’s body 2. a solid support for something

frame of mind noun someone’s psychological state, attitude or mood at a specific time

franchise noun US 1. a professional sports team that is a member of an organised league (informal) 2. an agreement or licence to own a sports team 3. a player who is valuable and important to a team (informal)

freediving noun the extreme sport of submerging into deep water for as long as possible without the aid of oxygen tanks

free fatty acids plural noun fatty acids in the blood that are unattached to any other molecule, an important source of fuel. Abbreviation FFA

freeheel skiing noun a form of skiing in which the heel is not fixed down to the skis. Also called telemark skiing

free kick noun in football, a kick of a stationary ball awarded for an infringement by a member of the opposing team, who must stand at least ten yards from where the kick is taken. A goal can be scored by a player taking a direct free kick, whereas an indirect free kick requires that the ball touch another player before entering the goal.
free radical noun an atom or group of atoms that is highly reactive owing to the presence of an unpaired electron (NOTE: Because of the effect they have on cells in the body, free radicals are thought to be a contributory cause of medical conditions such as cancer, atherosclerosis and Alzheimer’s.)

free riding noun a basic style of snowboarding that involves travelling over the snow without performing stunts

freeskiing noun the sport of skiing on downhill skis that have curved tips front and back, permitting the skier to execute moves similar to those of snowboarders on slopes and in half-pipes

free-standing adjective standing alone, not fixed to a wall, floor or other structure for support

freestyle adjective used for describing events in such sports as figure skating, surfing and downhill skiing in which any manoeuvre can be performed, with the contestants judged on their athleticism, technique and artistry

free throw noun (in basketball) an opportunity to shoot at the basket unhindered by the opposing players, awarded to a player who has been fouled

free-throw line noun same as foul line

free weight noun a weight that is not attached to a weightlifting machine, in the form of, e.g., a barbell or dumbbell. Compare fixed weight

frequency noun 1. the number of times something takes place in a given time 2. the rate of vibration in oscillations

friction noun deliberate rubbing of a body part as a way of stimulating blood circulation, warming or relieving pain

friction blister noun a blister caused by repeated chafing of the skin, as by sports clothing or footwear

Frisbee a trade name for a plastic disc thrown from person to person in a game

frontenis noun a form of Jai Alai played on a smaller court with tennis rackets

frozen shoulder noun same as adhesive capsulitis

fructose noun the sugar found in honey and fruits such as figs

frustration noun a feeling of disappointment, exasperation or weariness caused by not getting something expected or desired

full back noun (in sports such as football, rugby and hockey) a player in a defensive position

full time noun (in football and other sports) the end of a match

fumble verb to fail to catch a ball • noun an act or instance of fumbling

functional food noun food, often containing additives, that is said to be beneficial to health and able to prevent or reduce diseases such as tooth decay and cancer

functional overload noun training in a particular sport in which the athlete wears heavier clothes or shoes or carries weights to work the muscles harder

functional short leg noun • short leg

functional strength training noun training that helps to develop strength needed for everyday activities, such as for those who do a lot of lifting in their job

fun run noun a noncompetitive run over a moderately long course, organised to promote health and fitness or to raise money for charity
**fusiform**

*fusiform* adjective of a muscle, having a fleshy body which tapers towards a single tendon at either end, such as with the biceps brachii

**FVC** abbreviation forced vital capacity
G

GABA  *abbreviation* gamma-aminobutyric acid

Gaelic football  *noun* a game played in Ireland with 15 players on each side, the aim of which is to punch or kick a ball into or over a goal

gait  *noun* a way of walking

gait analysis  *noun* biomechanical analysis of a person’s walking style, including stride length, pronation, balance and posture

gala  *noun* a sporting event, especially a swimming contest, with a variety of different races and competitions

galvanic skin response  *noun* increased sweating and blood flow caused by a strong emotion such as fear

galvanise  *verb* to stimulate the nerves or muscles of someone’s body using an electric current

galvanism  *noun* medical treatment that applies low-voltage electricity directly to a muscle or nerve

game  *noun* 1. a sporting or other activity in which players compete against each other by following a fixed set of rules 2. an occasion when a competitive game is played 3. in sports such as tennis, a subsection of play that goes towards making up a set or match 4. the total number of points needed to win a contest

game plan  *noun* 1. a strategy that someone devises to achieve a goal 2. the strategy that a team or player devises for use during a game

game point  *noun* 1. *(in sports such as tennis and badminton)* a situation in which one player or side has only to win the next point in order to win the game 2. same as *match point*

games  *plural noun* 1. an event that consists of many different sporting activities and usually lasts for several days 2. gymnastics, athletics, team sports, and other forms of physical exercise taught to children at school

Games of the Small States of Europe  *plural noun* an annual athletic championship for European countries with a population of less than one million, including Andorra, Cyprus, Malta and Iceland. *Abbreviation* GSSE

gamma-aminobutyric acid  *noun* a stimulant and secretagogue used by athletes. *Abbreviation* GABA

ganglion  *noun* 1. a mass of nerve cell bodies and synapses usually covered in connective tissue, found along the peripheral nerves with the exception of the basal ganglia 2.
gas analysis noun a breakdown of the components of a gas, especially the breath, that can detect any medical abnormalities

gas exchange noun the process by which oxygen in the air is exchanged in the lungs for waste carbon dioxide carried by the blood

gastric emptying noun the speed with which ingested food is processed and removed from the stomach into the intestines

gastric reflux noun the regurgitation of gastric juices into the oesophagus, where the acid causes irritation and the burning sensation commonly referred to as heartburn

gastrocnemius noun the largest muscle in the calf of the leg, extending from the thigh bone to the Achilles tendon

gate noun 1. in rowing, a fastening with a hinge that serves to keep an oar in its rowlock 2. a device for controlling the passage of water or gas through a pipe

Gay Games plural noun an international multi-sport event that places an emphasis on gay and lesbian acceptance but is open to all participants, regardless of sexual orientation

gene noun a unit of DNA on a chromosome which governs the synthesis of a protein sequence and determines a particular characteristic

gene doping noun genetic engineering that allows an athlete to perform better at their sport

general fitness noun a non-athlete’s fitness for performing everyday tasks, achieved by eating a healthy diet and taking moderate exercise

General Medical Council noun in the UK, the official body that licenses qualified doctors to practise medicine. Abbreviation GMC

General National Vocational Qualification noun in the UK, a qualification designed to provide vocationally orientated skills and knowledge for progression from school to employment or university. Abbreviation GNVQ

genetic adjective relating to or contained in genes

genetic engineering, genetic manipulation noun the combination of genetic material from different sources to produce organisms with altered characteristics

geniculate adjective 1. bent at an angle like a knee 2. with a joint or joints that can be bent like a knee

genoa noun a very large triangular front sail on a sailing boat, especially a racing yacht

Gestalt psychology noun a branch of psychology that treats behaviour and perception as an integrated whole and not simply the sum of individual stimuli and responses

Gestalt therapy noun a form of psychotherapy in which emphasis is placed on feelings and on the influence on personality development of unresolved personal issues from the past

giant killer noun a person or team that defeats a superior or better-known opponent

Gilmore’s groin noun same as groin disruption

ginglymus noun movement of a joint in a hinge-like motion, e.g. the motion of the elbow and the knee

ginkgo biloba noun a herbal preparation made from the pulverised leaves of the ginkgo tree, used in the treatment of circulatory and cardiovascular disorders

girdle noun a set of bones that make a ring or arch
gladiolus noun the middle section of the sternum

glance verb 1. to strike something briefly or lightly at an angle 2. (in cricket) to hit a bowled ball with the bat held at an angle so that the ball is deflected to the leg side

gland noun an organ in the body containing cells that secrete substances such as hormones, sweat or saliva which act elsewhere

Glasgow coma scale noun a system for assessing the severity of brain impairment in someone with a brain injury that uses the sum of scores given for eye-opening, verbal and motor responses

glenohumeral adjective relating to both the glenoid cavity and the humerus

glenohumeral joint noun the shoulder joint, a ball and socket joint that is the most mobile in the body

glenoid adjective shaped like a small shallow cup or socket

glenoid cavity noun the socket at the shoulder to which the glenoid labrum is attached

glenoid labrum noun a strong band of tissue that connects the ligaments to the socket at the shoulder joint

global strength noun the overall muscle strength of a person’s body

glossopharyngeal nerve noun the ninth cranial nerve which controls the pharynx, the salivary glands and part of the tongue

glove noun a padded protective covering for the hand worn in some sports

glow noun a brightness or redness in someone’s complexion, e.g. as a result of exercise or good health

glucagon noun a hormone secreted by the islets of Langerhans in the pancreas, which increases the level of blood sugar by stimulating the breakdown of glycogen

glucocorticoid noun a natural steroid hormone that regulates carbohydrate digestion

glucokinase noun an enzyme in the liver that plays a key role in carbohydrate metabolism

gluconeogenesis noun the production of glucose in the liver from protein or fat reserves

glucosamine noun a glucose derivative found in supportive tissues and plant cell walls

glucosamine sulphate noun a supplement used by athletes that is thought to help rebuild damaged cartilage

glucose noun a simple sugar found in some fruit, but also broken down from white sugar or carbohydrate and absorbed into the body or secreted by the kidneys

glucose intolerance noun an inability to metabolise a high dose of glucose, indicative of diabetes

glucose tablet noun a supplement of glucose in a solid form, taken for extra energy

glucose tolerance noun the ability to metabolise a high dose of glucose, which is a test for diabetes

glucosuria noun the presence of glucose in the urine, an indicator of diabetes

glucuronic acid noun an acid derived from glucose that is present in cartilage and detoxifies poisons

glutamic acid noun an amino acid

glutamic acid
glutamine noun an amino acid that is also used as a supplement by weightlifters and bodybuilders

gluteal adjective relating to the buttocks

gluteals plural noun the three gluteus muscles

The page contains multiple definitions and explanations related to various terms, including:

- Glutamine
- Gluteal
- Gluteals
- Gluteus
- Glycaemia
- Glycaemic effect
- Glycaemic index
- Glycaemic load
- Glycine
- Glycogen
- Glycogenesis
- Glycogenolysis
- Glycogen storage disease
- Goal
- Goal area
- Goalball
- Goal difference
- Goalkeeper

The definitions and explanations are focused on biological and sports-related terms, providing clear and concise descriptions of each concept.
goal kick noun 1. (in football) a free kick taken from the six-yard-line by a defensive player when the ball has been driven out of play over the goal line by an opposing player
2. (in rugby) a free kick by a member of the attacking team, aimed at clearing the defenders’ crossbar and designed to convert a five-point try into a seven-point score

goal line noun (in games such as football, rugby and hockey) the line where goalposts are positioned and over which the ball must pass or be carried to make a score

goalpost noun in games such as football and hockey, either of two posts, usually supporting a crossbar between them, that together mark the boundary of the goal

going noun the state of the ground as it affects ease and speed of movement, especially for horses in a race

golden goal noun formerly in some football competitions, the first goal scored in extra time after a drawn game, which decides the winning team

gold medal noun a medal that is made of gold or something representing gold, given as a first prize for excellence or winning a competition

golf noun an outdoor game in which an array of special clubs with long shafts are used to hit a small ball from a prescribed starting point into a series of holes. The object of the game is to complete the course in as few strokes as possible.

golf ball noun a small hard ball used for playing golf

golfer’s elbow noun same as medial epicondylitis

Golgi organ noun a sensory organ at the point where a tendon attaches to skeletal muscle, which measures the degree of tension and inhibits over-stretching

good cholesterol noun cholesterol that is transported away from cells and tissue by high density lipoprotein (informal)

goofy adjective (in skateboarding, snowboarding and similar sports) used for describing a stance on the board in which the rider’s right foot is nearer the front end (slang)

googly noun in cricket, a ball that looks like a leg break on delivery and then moves unexpectedly in the opposite direction after it pitches

gout noun pain caused by crystallisation of uric acid in the joints

governing body noun a group of people appointed to supervise and regulate a field of activity or institution

grade 1 injury noun (in sports medicine) an injury in which tissue has been stretched or bruised but not seriously damaged

grade 1 sprain noun (in sports medicine) the mildest form of sprain, in which there is pain but minimal damage to the tissue

grade 2 injury noun (in sports medicine) an injury in which tissue has been moderately damaged, causing some loss of function

grade 2 sprain noun (in sports medicine) a form of sprain in which there is a moderate amount of damage to the tissue

grade 3 injury noun (in sports medicine) an injury in which tissue has been severely damaged, causing total loss of function

grade 3 sprain noun (in sports medicine) the most severe form of sprain, in which the tissue is very damaged

Graham diet noun a dietary plan that is wholly vegetarian and allows fats only in small quantities

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grand prix noun any of a number of important international annual races for racing cars, held to decide the world motor-racing championship

grand slam noun 1. (in sports such as tennis and golf) the winning of all of a series of major competitions by one player or team in one year 2. (in sports such as tennis and golf) a major competition that is part of a series 3. (in baseball) a home run made when the bases are loaded

grandstand noun an open structure or platform, usually with a roof, containing rows of seats for spectators at a sports stadium or racecourse

grandstand finish noun a finish to a race or competition that is exciting because the outcome is unclear until the very end

grappling noun (in combat sports such as wrestling and martial arts) the act of holding your opponent to subdue or control them

Gravity Games plural noun any of various extreme sports tournaments held around the world

green noun the closely mown area at the end of a fairway on a golf course on which the hole for the ball is located

green card noun (in hockey) a card shown by the referee to a player as a warning for dangerous play or misconduct. & red card, yellow card

greenstick fracture noun a type of fracture, occurring in children, in which a long bone bends but is not completely broken

grey matter noun nerve tissue which is of a dark grey colour and forms part of the central nervous system

groin noun the area of the body between the tops of the thighs and the abdomen

groin disruption noun a tendon strain occurring in the pelvic region of male athletes, usually caused by overuse

groin hernia noun same as inguinal hernia

groin itch noun same as tinea cruris

groin strain noun a strain of the adductor magnus or sartorius muscles, causing pain in the groin

groin support noun a piece of protective clothing that reduces the risk of developing a hernia, used by weightlifters

gross anatomy noun the study of the structure of the body that can be seen without the use of a microscope

gross motor skills plural noun the use of groups of large muscles to achieve a simple movement, as, e.g., when walking or swinging the arm. Compare fine motor skills

ground rule noun a sports rule that is specific to a particular place of play

ground substance noun the solid, semisolid or liquid material that exists between the cells in connective tissue, cartilage or bone

group aspiration noun a goal that all members of a team would like to achieve, working together

growth hormone noun same as somatotrophin

growth spurt noun, adolescent growth spurt

gudge match noun a match between players or teams who have a long-standing animosity between them or a specific past insult or injury to revenge
gynecomastia noun enlarged breasts on a man caused by hormonal imbalance or hormone therapy
habit noun 1. an action that is an automatic response to a stimulus 2. a regular way of doing something

habituation noun reduced muscle shivering after prolonged exposure to cold, which can lead to hypothermia

hack verb (in rugby or football) to commit a foul by kicking the shins of an opposing player

haemarthrosis noun pain and swelling caused by blood leaking into a joint

haematinic adjective promoting the healthy growth of blood cells in bone marrow

haematocrit noun the red blood cell count in the body, which, when high, may indicate use of the banned substance erythropoietin

haematology noun the branch of medicine devoted to the study of blood, blood-producing tissues and diseases of the blood

haematoma noun a mass of blood under the skin caused by a blow or by the effects of an operation

haematuria noun the presence of blood in the urine, as a result of injury to or disease of the kidneys, ureters, bladder or urethra

haem iron noun dietary iron found in meat and seafood. Compare non-haem iron

haemochromatosis noun an excess of iron in the body that can cause tissue damage and discoloration of the skin

haemoglobin noun a red pigment in red blood cells that gives blood its red colour and carries oxygen to the tissues. Abbreviation Hb

haemorrhage noun the loss of blood from a ruptured blood vessel, either internally or externally ● verb to bleed heavily

haemosiderin noun an insoluble protein that contains iron, produced by the action of phagocytes on haematin

haka noun a version of a traditional Maori war dance performed by sports teams, especially the New Zealand rugby team

half back noun (in a team sport) a player who is positioned just in front of the last defensive line

half-marathon noun a race on foot over a distance equivalent to half a marathon, 13 miles 352 yards

half-pipe noun a structure in the shape of the bottom half of a pipe, built for freestyle snowboarding, in-line skating and skateboarding
half-time noun a short break between the halves of a game, during which players rest
half volley noun a stroke or shot that makes contact with the ball immediately after it has bounced
half-volley verb to strike a ball immediately after it has bounced
hallux rigidus noun stiffness of the joint at the big toe, caused by the cartilage wearing away
hallux valgus noun a deformity of the big toe in which the joint points outwards and the tip points inwards, often leading to bunions
hamate noun a small hook-shaped bone in the wrist, at the base of the third and little fingers
hammer noun a heavy metal ball attached to a handle of flexible wire, thrown in an athletics field event
hammer throw noun a field event in which competing athletes try to throw a heavy metal ball attached to a handle of flexible wire as far as they can
hammer toes noun a toe that has the middle joint permanently bent downwards
hamstring noun one of a group of tendons behind the knee that the thigh muscles to the bones in the lower leg
hamstring muscle noun a muscle belonging to a group of three at the back of the thigh that control leg movements such as flexing the knee
hamstring stretch noun a stretch in which the athlete sits on the floor with one leg extended out in front and pulls the top of the foot back towards the body, extending the hamstring
hamulus noun a hook-shaped part at the end of a bone
handball noun 1. (in football) a rule infringement committed when a player other than a goalkeeper inside his or her penalty area uses a hand to control the ball 2. a game for two or four people in which players hit a small hard ball against a wall with their hands 3. the small hard ball used in the game of handball
hand-eye coordination noun the ability to perform tasks that involve coordinating the movement of the hands and eyes, e.g. catching or hitting a ball
hand grip noun a resistant piece of equipment used to develop hand strength
handicap noun 1. a contest, especially a horse race, in which individual competitors are given an advantage or disadvantage in an attempt to give every contestant an equal chance 2. a compensation in strokes given to a golfer on the basis of skill in past performances
handlebar palsy noun same as ulnar neuropathy
hand plant noun (in skateboarding) a move in which the board is held to the feet with one hand while the skateboarder performs a handstand on a ramp or obstacle with the other
handspring noun a gymnastic movement in which somebody flips the body forwards or backwards and lands briefly on the hands before continuing the flip so as to land on the feet again
hand wrap noun a supportive bandage used for protecting the hands from injury during sports
hang-glider noun an aircraft with no engine that consists of a rigid frame in the shape of a wing, with the pilot usually suspended in a harness below the wing
hang-gliding noun the sport of flying in a hang-glider
hapkido noun a Korean martial art that emphasises control of the opponent
harangue verb to criticise someone in a forceful angry way that undermines their confidence
hard lenses plural noun rigid contact lenses that can cause eye trauma if knocked, as may occur, e.g., in some contact sports
hard set noun a set of exercises that are difficult, used after the easy set as an actual muscle workout
Hatha yoga noun a low-impact yoga that helps to regulate breathing by exercises consisting of postures and stretches intended to sustain healthy bodily functioning and induce emotional calmness
hat trick noun a series of three wins or successes, especially three goals scored by the same player
Haversian canal noun a fine canal that runs vertically through the Haversian systems in compact bone, containing blood vessels and lymph ducts
Haversian system noun a unit of compact bone built around a Haversian canal, made of a series of bony layers that form a cylinder. Also called osteon
Hb abbreviation haemoglobin
hCG abbreviation human chorionic gonadotrophin
HDL cholesterol noun high density lipoprotein
head verb to use the head to hit a ball
head blocks plural noun a piece of equipment for stabilising the head of an injured person with suspected spinal injuries during transport
head game noun the psychological aspect of a competitive endeavour, especially a sport
headstand noun a position in gymnastics or yoga in which the body is balanced upside down on the head, usually using the hands for support
heal verb 1. to return to a healthy state 2. to make someone or something get better
healing noun the process of getting better
health noun the fact of being well or being free from any illness
healthcare noun the provision of medical and related services aimed at maintaining good health, especially through the prevention and treatment of disease
healthcare assistant noun someone with no specialised training employed in a hospital or other healthcare facility to perform basic nursing-support tasks
healthcare provider noun a professional who offers medical care, e.g. a doctor, physiotherapist or chiropractor
health-conscious adjective used for describing someone who is keen to eat healthy and nutritious foods and to look after his or her health in other ways, e.g. by exercising
health counsellor noun a general adviser on matters of health, fitness and nutrition in an institution such as a school
health food noun food with no additives or natural foods, which are good for your health
health freak noun a person who is very keen to be fit and healthy and follows a strict diet and exercise regime (informal)
health pack noun a dietary supplement consisting of a combination of ingredients, with supposed benefits for a specific aspect of health
health problem noun any illness or chronic injury indicating that a person must take precautions when carrying out particular activities

health professional noun same as healthcare provider

health promoting claim noun wording or a logo on food packaging that makes a claim about the nutritional content of the food inside

health risk noun a situation in which there is a risk to health caused by something such as not following safety procedures

health trainer noun a person who acts as a link between health professionals and the community, giving personal advice and support to people looking to improve their health

health walking noun walking as a form of exercise

healthy adjective 1. in good physical condition 2. helping to maintain or bring about good health

healthy eating noun the practice of eating food that is rich in essential nutrients and within recommended dietary guidelines

healthy lifestyle noun activities and diet choices that make a person healthy

heart noun the main organ in the body, which maintains the circulation of the blood around the body by its pumping action

heart attack noun a condition in which the heart has a reduced blood supply because one of the arteries becomes blocked by a blood clot, causing myocardial ischaemia and myocardial infarction (informal)

heartbeat noun the regular noise made by the heart as it pumps blood

heart block noun the slowing of the action of the heart because the impulses from the sinoatrial node to the ventricles are delayed or interrupted (NOTE: There are either longer impulses (first degree block) or missing impulses (second degree block) or no impulses at all (complete heart block), in which case the ventricles continue to beat slowly and independently of the sinoatrial node.)

heart disease noun a general term for any disease of the heart

heart murmur noun, murmur

heart rate noun the number of heartbeats that occur within a specific length of time, typically a minute. Abbreviation HR

heart rate monitor noun a small machine that straps over the chest or onto the wrist to accurately measure a person’s heart rate

heart-smart adjective used for describing food that is low in fat and cholesterol and therefore reduces the risk of heart disease

hearty adjective 1. showing physical health, strength and vigour 2. used for describing food that is substantial and gives considerable satisfaction and nourishment

heat noun one of several preliminary rounds before a race or contest, especially one in which competitors are eliminated, or one that determines players’ starting order for the main event

heat cramps plural noun muscle cramps caused by dehydration and lack of salt

heat exhaustion noun collapse caused by physical exertion in hot conditions, involving loss of salt and body fluids

heat injury, heat stress noun any condition arising from becoming overheated, e.g. dehydration, cramps and heatstroke

heart-smart

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heatstroke noun a condition in which someone becomes too hot and his or her body temperature rises abnormally, leading to headaches, stomach cramps and sometimes loss of consciousness

heat therapy noun the application of heat to an injured part of the body in order to loosen muscles or relieve pains

heavy-duty adjective designed for long or hard wear or use

heavyweight noun 1. (in professional boxing) the heaviest weight category, for competitors whose weight does not exceed 79.5 kg 2. (in amateur boxing) the heaviest weight category, for competitors whose weight does not exceed 91 kg 3. a professional or amateur boxer who competes at heavyweight level 4. a contestant in the heaviest weight class of any contact sport 5. a person or organisation with considerable power or influence

heelbone noun same as calcaneus

heel cup noun an orthotic shoe insert that covers the heel

heel spur noun a soft deposit of calcium on the heel that indicates plantar fasciitis

height noun how tall someone or something is

heliskiing noun skiing in which skiers are taken to a usually remote ski slope by helicopter

heptathlon noun an athletics competition, usually for women, in which the contestants compete in seven different events and are awarded points for each to find the best all-round athlete. The events are the javelin, hurdles, high jump, long jump, shot put, sprint and 800-metre race.

hernia noun a condition in which an organ bulges through a hole or weakness in the wall that surrounds it. Also called rupture

herniated disc noun a displaced intervertebral disc

herniography noun a medical examination of the abdomen in order to diagnose a hernia

herpetic infection noun a skin infection caused by the herpes virus, able to be passed on in close contact sports such as wrestling

HGH abbreviation human growth hormone

HGH booster noun same as secretagogue

high-arched feet plural noun feet in which the arches are unusually high, which may require special support during exercise. Compare flat feet

high biological value noun the fact of containing large amounts of bioavailable proteins

high blood pressure noun same as hypertension

high-calorie adjective used for describing food that contains a high number of calories from fat or carbohydrates

high density lipoprotein noun an aggregate of fat and protein that transports cholesterol away from the arteries, high levels of which are associated with a decreased risk of heart disease. Abbreviation HDL

high-energy adjective used in marketing to describe foods such as glucose drinks or high-sugar items such as honey that can be broken down easily by the body to provide a rapid supply of energy

high-fibre adjective used for describing foods that are rich in dietary fibre and therefore help to maintain a healthy colon
high-impact adjective used for describing exercise that puts pressure on the joints by jarring them, as does running on a hard surface.

High in Fat, Salt or Sugar adjective used for describing calorie-dense snack foods. Abbreviation HFFS

high-intensity interval training noun interval training in which the bursts of faster exercise are extremely intense, designed to burn fat and build cardiovascular fitness. Abbreviation HIIT

high-intensity training noun exercise that raises the heart rate and works muscles, giving a tiring workout.

high jump noun an athletics event in which the contestants run forward to gain momentum and then jump over a horizontal pole using any of a number of jumping styles.

Highland Games plural noun an outdoor meeting at which there are competitions in various traditional Scottish sports such as tossing the caber, in Scottish dancing, and in piping.

high-protein diet noun a dietary plan that is high in protein, used for building muscle mass especially while training.

high quality protein noun protein that is bioavailable and contains high levels of all essential amino acids.

HIIT abbreviation high-intensity interval training.

hinge joint noun a joint such as the knee that allows two bones to move in one direction only.

hip bone noun a set of bones consisting of the ilium, the ischium and the pubis, forming part of the pelvic girdle. Also called innominate bone.

hip flexor muscles plural noun a group of muscles that connect the pelvis to the lower spine and to the knee.

hip flexor strain noun strain in the upper thigh area caused by repeated kicking movements, often suffered by martial artists.

hip girdle noun same as pelvic girdle.

histamine noun a substance released in response to allergens. Histamines dilate blood vessels, constrict the cells of smooth muscles and cause an increase in acid secretions in the stomach.

histidine noun an amino acid involved in the repair of tissues that is also the precursor of histamine.

histo- prefix relating to tissue.

histology noun the study of the anatomy of tissue cells and minute cellular structure.

histolysis noun the breakdown and disintegration of bodily tissue.

histotrophic adjective causing the growth or nourishment of tissue.

hit verb to strike a ball, puck or similar object.

hitter noun a player of a sport who can hit the ball well.

hit the wall verb to reach a point at which no more can be done or achieved, e.g. a state of total exhaustion during a marathon run.

HMB abbreviation beta-hydroxy beta-methylbutyrate.
hockey noun 1. an outdoor sport played on grass between two teams of eleven, using wooden sticks with curved ends, the aim being to hit a small hard ball into the opposing goal 2. US same as ice hockey

holding noun in some sports, the illegal use of the arms to hold or obstruct an opponent

hole noun 1. (in golf) a small round cavity or cup on a green into which the ball is hit 2. a part of a golf course that consists of a tee, a fairway, and a green with a hole and is a basic element in scoring. A golf course usually has 18 holes. ■ verb to hit or drive a ball into one of the holes of a golf course

holistic adjective used for describing a medical treatment that takes account of someone's mental and personal circumstances, in addition to their physical symptoms

home noun in many games, the place or point that must be hit in order to score or reached in order to be safe from attack

home base noun same as home plate

home exercise programme noun a general fitness plan using basic equipment, devised for elderly people or people confined to the home through illness or injury

home game noun a match played at the team's own ground

home gym noun a set of exercise equipment at a person's house, often comprising an exercise bicycle and rowing machine as well as free weights

homeostasis noun the process by which the functions and chemistry of a cell or internal organ are kept stable, even when external conditions vary greatly

home plate noun (in baseball) a flat slab marking the area over which a pitcher must throw the ball for a strike and on which a base runner must land in order to score. Also called home base

home run noun (in baseball) a hit that allows a player to make a circuit of all four bases and score a run, usually by hitting the ball out of the playing area

homocysteine noun an amino acid produced in the body during the metabolism of methionine, an essential amino acid

hook noun 1. (in boxing) a short blow to an opponent delivered with a swing and a bent arm 2. (in cricket) a shot with the bat held parallel to the ground that sends the ball towards the leg side 3. the act of using an ice hockey stick to prevent another player from moving freely ■ verb 1. (in boxing) to deliver a sharp curving blow to an opponent, using a curved or bent arm 2. (in rugby) to kick the ball backwards out of a scrum to the scrum half 3. (in cricket) to strike the ball towards the leg side with the bat held parallel to the ground

hooker noun (in rugby) a front row forward who hooks the ball out of the scrum

hooligan noun an aggressive young man, especially one acting as part of a group, who commits acts of vandalism and violence in public places

hooliganism noun acts of vandalism and violence in public places, committed especially by youths. Sport has been dogged by incidents of hooliganism, as it attracts large gatherings of young people and inspires strong emotions.

horizontal bar noun 1. a metal bar fixed in a horizontal position and used for gymnastic exercises 2. a competitive gymnastics event involving feats of skill and strength on the horizontal bar

horizontal flexion noun the movement of a joint from side to side

hormonal adjective relating to hormones
hormone noun a substance that is produced by one part of the body, especially the endocrine glands, and is carried to another part of the body by the bloodstream where it has particular effects or functions

horse noun same as vaulting horse

horse racing noun a sport in which horses ridden by jockeys race against each other, usually with spectators and others betting on the result

horseriding noun the practice of riding on horseback for recreation or as a sport

hot pack noun a soft, heated package of gel that is applied to the skin to loosen muscles or relieve pains

HR abbreviation heart rate

human chorionic gonadotrophin a hormone supplement taken by bodybuilders to counteract testicle shrinkage caused by steroid use. Abbreviation hCG

human growth hormone noun same as somatotrophin

humerus noun the top bone in the arm, running from the shoulder to the elbow (NOTE: The plural is humeri.)

hurdle noun one of a number of light barriers over which runners have to jump in some athletics events • verb 1. to run in an athletics event in which hurdles must be jumped 2. to clear a hurdle in a race

hurdles noun an athletics event in which runners have to race to clear a series of light barriers

hurdling noun the activity of jumping over hurdles

hurling noun an Irish field sport resembling hockey and lacrosse that is played with broad sticks and a leather ball that is passed from player to player through the air

hyaline cartilage noun a type of cartilage found in the nose, larynx and joints

hyaluronic acid noun a substance that binds connective tissue

hyaluronidase noun an enzyme that destroys hyaluronic acid

hydralazine noun a drug that lowers blood pressure, usually given with drugs that cause increased urine output

hydrate verb to give water to someone so as to re-establish or maintain fluid balance

hydration noun the state of having a healthy fluid balance in the body

hydroadenitis noun infection of the sweat glands

hydrocolloid strip noun a gelatinous waterproof dressing that seals a wound, retaining moisture and protecting from germs and dirt

hydrocortisone noun a steroid hormone secreted by the adrenal cortex or produced synthetically, used in the treatment of rheumatoid arthritis and inflammatory and allergic conditions

hydrolyse verb to undergo hydrolysis, or make a substance undergo hydrolysis

hydrolysis noun a chemical reaction in which a compound reacts with water, causing decomposition and the production of two or more other compounds, e.g. in the conversion of starch to glucose

hydropathy noun the treatment of injuries or disease by applying water both internally and externally

hydropoeisis noun the production of sweat by the body
hydrotherapy 108

hydrotherapy noun the treatment of disease by the external use of water, e.g. by exercising weakened limbs in a pool

hydrotic adjective used for describing a substance that increases the body’s production of sweat

hydroxyproline noun an amino acid present in some proteins, especially in collagen

hyperactive adjective having hyperactivity

hyperactivity noun a condition in which someone is unusually active, restless and lacking the ability to concentrate for any length of time

hyperammonaemia noun high levels of ammonia in the blood, caused by inadequate metabolisation of proteins

hyperbaric chamber noun a pressurised chamber used for treating decompression sickness in divers

hypercapnia noun an unusually high level of carbon dioxide in the blood

hypercholesterolaemia noun a higher-than-average presence of cholesterol in the blood

hyperglycaemia noun an excess of glucose in the blood

hyperglycaemic adjective having hyperglycaemia

hyperhydrosis noun excessive sweating

hyperkinesia noun a condition in which there is unusually great strength or movement

hyperkinetic adjective used for describing a joint that allows too much movement as a result of loose tendons

hyperlipidaemia noun large concentrations of lipids in blood plasma

hyperlordosis noun excessive forward curvature of the lower part of the spine

hypermobility noun excessive mobility at a joint caused by looseness of the ligaments

hyperostosis noun excessive growth on the outside surface of a bone, especially the frontal bone

hyperoxemia noun a condition in which there is an unusually high concentration of oxygen in the blood and bodily tissues

hyperphosphataemia noun a higher-than-average presence of phosphate in the blood

hyperpiesia noun same as hypertension

hyperpnoea noun a test for exercise-induced asthma in the form of an inhaled medicine, which causes temporary bronchial dilation only in sufferers

hyperresponsive adjective used for describing the airways of athletes that are quick to respond to different air conditions by dilating or constricting

hypertension noun arterial blood pressure that is higher than the usual range for gender and age. Also called high blood pressure, hyperpiesia. Compare hypotension

hyperthermia noun unusually high body temperature, especially when induced for therapeutic reasons

hyperthyroidism noun a condition in which the thyroid gland is too active and releases unusual amounts of thyroid hormones into the blood, giving rise to a rapid heartbeat, sweating and trembling. Also called thyrotoxicosis

hyperthermia
hypertonia noun an increased rigidity and spasticity of the muscles
hypertonic adjective 1. used for describing a solution that has a higher osmotic pressure than another specified solution 2. used for describing a muscle that is under unusually high tension
hypertrophy noun an increase in the number or size of cells in a tissue
hyperventilate verb to breathe unusually deeply or rapidly because of anxiety or disease and in excess of the body’s requirements, causing too much loss of carbon dioxide
hypervitaminosis noun excessively high intakes of vitamins, which can be toxic in large doses
hyphaemia noun a small haemorrhage of blood into the eyeball following an eye trauma such as a blow, temporarily obscuring vision
hypnotherapy noun the use of hypnosis in treating illness, e.g. in dealing with physical pain or psychological problems
hypoglossal nerve noun the twelfth cranial nerve which governs the muscles of the tongue
hypoglycaemia noun a low concentration of glucose in the blood
hypoglycaemic adjective having hypoglycaemia
hypokinesis noun a decrease in the ability of the heart to contract, usually caused by a heart attack and resulting in sluggish circulation
hyponatraemia noun a lack of sodium in the blood caused by excessive sweating, persistent diarrhoea or overuse of diuretic drugs
hypophosphataemia noun a lower-than-average presence of phosphate in the blood
hypoproteinaemia noun a low concentration of protein in blood plasma
hypotension noun a condition in which the pressure of the blood is unusually low. Also called low blood pressure
hypotensive resuscitation noun the resuscitation of a person suffering from hypovolaemia using fluid infusion to raise blood pressure
hypothalamus noun the part of the brain that controls the production of hormones by the pituitary gland and regulates important bodily functions such as hunger, thirst and sleep
hypothyroidism noun underactivity of the thyroid gland, causing a decrease in the metabolic rate and corresponding sluggishness and weight gain
hypotonia noun the medical condition of low or diminished muscle tone or tension
hypotonic adjective 1. showing hypotonia 2. used for describing a solution with a lower osmotic pressure than plasma
hypoventilate verb to breathe in an unusually slow and shallow way leading to a dangerous build-up of carbon dioxide in the blood
hypovitaminosis noun an unhealthily low intake of vitamins
hypovolaemia noun a condition in which a person’s blood pressure falls owing to excessive fluid loss
hypoxia noun a condition in which there is an unusually low concentration of oxygen in the blood and bodily tissues
iatrogenic adjective caused by medical interference or drug use

iceberg profile noun the tendency of elite athletes to suffer from generally increased energy and lower levels of stress, anger and depression than others

ice climbing noun the sport of climbing ice formations such as glaciers, using specialist equipment

ice hockey noun a game played on ice by two teams of six skaters. Points are scored by hitting a rubber disc (puck) into the opposing team’s goal with a long flat-bladed stick.

ice pack noun an ice-filled cloth or bag held against an injured part of the body to ease pain or reduce swelling

ice rink noun an area of frozen water used by ice-skaters, ice-hockey players and curlers, especially an enclosed prepared surface

ice therapy noun the application of an ice pack to an injured part of the body to reduce swelling or relieve pains

ideal body weight noun a healthy weight for a person based on a formula such as body mass index

IF abbreviation information feedback

ileum noun the lower part of the small intestine, between the jejunum and the caecum. Compare ilium

ileus noun obstruction of the intestine, usually distension caused by loss of muscular action in the bowel

iliopsoas noun a muscle that lies over the hip joint

iliopsoas bursitis noun inflammation of the bursa at the hip joint

iliopsoas tendinitis noun inflammation of the tendon connecting the iliopsoas muscle to the ileum, caused by overuse

iliotibial band syndrome noun a condition in which a band of thinned tissue over the front of the thigh rubs repeatedly over the bone during exercise, causing irritation. Abbreviation ITBS

ilium noun the top part of each of the hip bones, which form the pelvis. Compare ileum (NOTE: The plural isilia.)

immediate care noun medical assistance given at the scene of an injury

immobilise verb to rest a joint or keep the parts of a fractured limb fixed in place so that they are unable to move
immoderate adjective going beyond what is healthy, moral, appropriate or socially acceptable

immune system noun a complex network of cells and cell products that protects the body from disease, including the thymus, spleen, lymph nodes, white blood cells and antibodies

impact noun 1. a collision of one object against another 2. the effect that something or someone has

impacted fracture noun a fracture in which the two pieces of bone are also forced together by the impact that fractured them, causing further tissue damage

impact force noun a force that is a result of colliding with another body, e.g. when a runner’s foot hits the ground. Compare active force

impassible adjective not susceptible to or not capable of feeling physical pain or injury

impulse noun 1. a message transmitted by a nerve 2. a sudden feeling of wanting to act in a specific way

in adjective (in sports such as cricket and rounders) used for indicating that a sports team or player is batting

inactivity noun a lack of activity

inarticulate adjective used for describing a bone that has no joints or segments, as do the bones of the skull

incentive noun something that encourages or motivates someone to do something

incidence noun the number of sports injuries incurred in a sample population, relative to the amount of time exposed to the risk

incline noun a slope or slant

incline bench press noun a bench press performed with the top end of the bench slightly raised, so that the body is not parallel with the ground

incline chest press noun a chest press performed with the top end of the bench slightly raised, so that the body is not parallel with the ground

incline dumbbell bench press noun a dumbbell bench press performed with the top end of the bench slightly raised, so that the body is not parallel with the ground

incompetence noun the inability to perform a particular action

incompetent adjective lacking the skills, qualities or ability to do something

incomplete fracture noun a fracture that does not go all the way through a bone

incoordination noun an inability to control voluntary muscular movements

inccretion noun secretion of a substance into the bloodstream, particularly of a hormone from the endocrine gland

independent sampling officer noun an official who oversees the collection of samples from athletes for drug testing. Abbreviation ISO

indirect free kick noun a free kick

indispensable amino acids plural noun same as essential amino acids

individual medley noun a swimming race divided into three or four equal parts, in each of which the swimmers must use a particular stroke

individual skill noun a skill that is performed without interacting with others or the environment, e.g. throwing a javelin
indolent 112

**indolent adjective** used for describing a disease or condition that is slow to develop or be healed, and causes no pain

**ineffective anticipation noun** reaction to an anticipated stimulus before it is actually given, resulting in a mistake or violation of game rules

**inertia noun** a lack of activity in the body or mind

**infarct noun** an area of tissue that has recently died as a result of the sudden loss of its blood supply, e.g. following blockage of an artery by a blood clot

**inferior adjective** used for describing a body part that is situated in the lower half of the body

**infertility noun** the physical inability of a person to have children

**inflame verb** to become, or make body tissue become, red and swollen in response to injury or infection

**inflamed adjective** sore, red and swollen

**inflammation noun** the fact of having become sore, red and swollen as a reaction to an infection, an irritation or a blow

**information feedback noun** feedback given by a coach on a sporting performance that gives the player information about what to do to improve. Abbreviation IF

**infringement noun** a failure to obey a regulation or rule

**ingrowing adjective** growing or appearing to grow inwards

**ingrown toenail noun** a painful condition in which the toenail grows into the surrounding skin, caused by routinely wearing shoes which are too tight

**inguinal hernia noun** a hernia of the intestine through the muscles of the lower abdomen, often caused by lifting heavy objects

**inguinal ligament noun** a tight ligament in the abdomen, with weak spots that can lead to the formation of a hernia

**inhalation noun** 1. the act of breathing in. Opposite exhalation 2. the action of breathing in a medicinal substance as part of a treatment

**inhale verb** 1. to breathe in, or breathe something in 2. to breathe in a medicinal substance as part of a treatment. Opposite exhale

**inhaled beta agonist noun** a medicine in the form of a fine mist that is used for treating asthma by dilating the bronchioles

**inhaled drug noun** medicine in the form of a fine spray that is inhaled, as are some asthma medications

**inhibition noun** the slowing down or prevention of a chemical reaction

**inhibitor noun** a molecule that attaches to an enzyme and make it less active, widely used in drugs

**injure verb** to hurt someone or a part of the body

**injury noun** damage or a wound caused to a person’s body

**injury management noun** medical treatment and rehabilitation provided for a sports injury

**injury mechanism noun** the way in which a casualty sustained his or her injury, e.g. in a fall or collision, which may help with diagnosis and treatment decisions

**injury time noun** extra time allowed at the end of some matches, especially football and rugby, to compensate for time spent attending to injured players during the game.
inline skating **noun** same as rollerblading

innervate **verb** to cause a muscle, organ or other part of the body to act

innervate **verb** to provide a person or object with nervous energy or something resembling such energy

inning **noun** each of the divisions of a game of baseball or softball during which each team bats until it makes three outs. Nine innings are standard for baseball and seven for softball, but extra innings are played if the score remains tied.

innings **noun** 1. *(in cricket)* a team’s or batsman’s turn at batting 2. *(in cricket)* the runs scored by a player or team during a turn at batting

innominate bone **noun** same as hip bone

inosine **noun** an organic compound involved in the formation of purines and energy metabolism, used in sports supplements

inotropic **adjective** having an effect on the force of muscular contraction

insertion **noun** 1. the point at which a muscle is attached to a bone 2. the point at which an organ is attached to its support

in shape **adjective** having a healthy and attractive physique

inside **adjective** *(in football, hockey and other sports)* used for describing a position nearer to the centre of the field than another position of the same name

insoluble fibre **noun** the fibre in bread and cereals that is not digested but swells inside the intestine

inspiration **noun** the act of process of breathing in

inspire **verb** same as inhale

Institute for Optimum Nutrition **noun** an independent educational body that specialises in clinical and therapeutic nutrition. Abbreviation ION

instructor **noun** a person who gives information or training

insulin **noun** a hormone produced in the pancreas that regulates the body’s metabolism of carbohydrates and has widespread effects on the body

insulinaemic index **noun** the rise in blood sugar measured after consumption of a particular carbohydrate

insulin resistance **noun** a medical condition in which bodily or injected insulin has a reduced effect in metabolising glucose, a possible cause of metabolic syndrome

insulin sensitivity **noun** the effect that insulin has on metabolising glucose in an individual

insulin shock **noun** a severe drop in blood sugar resulting from an excess of insulin and marked by sweating, dizziness, trembling and eventual coma

insult **noun** an injury or trauma to the body, or something that causes such harm

integrated **adjective** bringing together processes or functions that are normally separate

intellectual disability **noun** *(in disabled sport events such as the Paralympics)* a category for athletes with long-term mental impairment, usually classified as having an IQ below 70

intensity **noun** the strength of something, e.g. pain

intensive care **noun** the monitoring, care and treatment in hospital of patients who are seriously ill or injured, especially by the use of specialist equipment such as that aiding breathing

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interactive skill

interactive skill noun a skill that is performed by interacting with the environment, e.g. hitting a golf ball

intercept verb to stop or interrupt the intended path of something

intercostal adjective between the ribs

intercostal muscles plural noun muscles between the ribs that control inhalation and exhalation

interdigital neuroma noun inflammation of a nerve in the foot caused by wearing ill-fitting footwear, causing a burning pain in the balls of the feet

interdisciplinary adjective combining two or more different areas or disciplines

intermittent claudication noun a condition of the arteries causing severe pain in the legs that makes the person limp after having walked a short distance

intermural adjective involving participants from two or more educational institutions, athletic clubs, or other groups

intermuscular adjective between muscles

internal adjective 1. located within or affecting the inside of something, especially the inside of the body 2. between the members of a team

internaliser noun a personality type in which individuals believe that they have a high degree of control over what happens to them. Compare externaliser

internal obliques plural noun a pair of abdominal muscles that run diagonally outwards from the inner ribs to the pelvis

internal rotation noun movement of a ball-and-socket joint so that the limb turns inwards

internal secretion noun a secretion, especially a hormone, that is absorbed into the blood directly after production

internal state noun the various internal factors that act on an athlete and affect performance, including mood, mental alertness and level of skill acquisition

international noun 1. a sports contest between teams or players from two or more countries 2. a member of a team representing his or her country in an international event

International Olympic Committee noun the body that oversees the organisation of the Summer and Winter Olympic Games. Abbreviation IOC

interoceptor noun a nerve cell that reacts to a change taking place inside the body

interpersonal adjective concerning or involving relationships between people

interpersonal anxiety noun fear of how other people will see and judge you, sometimes a factor in athletic performance

interval training noun training consisting of bursts of intense exercise, with periods of slower, easier exercise in between to give the body time to recover

intervertebral disc noun one of the flexible plates of cartilage connecting adjacent vertebrae of the backbone that impart flexibility and act as shock absorbers to protect the spinal cord from impact, e.g. when running

intolerant adjective unable to eat or drink a particular food, ingredient or substance, or to take a particular drug without having an allergic reaction or becoming ill

intra-articular adjective inside a joint

intramuscular adjective inside a muscle

intravenous nutrition noun same as parenteral nutrition

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115  isolation training

**intrinsic motivation** noun motivation to achieve a goal for reasons of pride, enjoyment and self-worth

**introverted** adjective referring to someone who thinks only about himself or herself

**inversion** noun the fact of being turned towards the inside

**invertebral disc** noun same as intervertebral disc

**inverted U theory** noun (in performance theory) a model of arousal levels and their effect on performance, which is optimal when stimulation is of a medium intensity and decreases when arousal is very low or very high

**involucrum** noun a covering of new bone that forms over diseased bone

**IOC** abbreviation International Olympic Committee

**iodine** noun a chemical element that is essential to the body, especially to the functioning of the thyroid gland (NOTE: The chemical symbol is I.)

**ipsative** adjective using yourself as the norm against which to measure something, e.g. your present performance against your past performance rather than the performance of others

**Iron** noun a chemical element essential to the body, present in foods such as liver and eggs

**iron man** noun 1. a male athlete with great endurance who takes part in a triathlon or iron man competition 2. a male bodybuilder

**iron man competition** noun a triathlon for men and women that includes competitions in endurance events, usually cycling, swimming and running

**iron woman** noun 1. a female athlete with great endurance who takes part in a triathlon or iron woman competition 2. a female bodybuilder

**iron woman competition** noun an athletic competition for women that includes a variety of sports, e.g. surfing, canoeing, swimming and running

**irrational** adjective lacking the normal ability to think clearly, especially because of shock or injury to the brain

**irregular** adjective of a heartbeat, not reliably occurring at regular intervals, leading to potential complications

**ischaemia** noun insufficient blood supply to an organ

**ischaemic heart disease** noun a disease of the heart caused by a failure in the blood supply, as in coronary thrombosis. Abbreviation **IHD**

**ischium** noun the lower part of the hip bone in the pelvis (NOTE: The plural is **ischia**)?

**Island Games** plural noun a multi-sport event, held every two years, in which only athletes from 25 small islands around the world, including Rhodes, Guernsey, Bermuda and Menorca, are invited to take part

**islets of Langerhans** plural noun clusters of endocrine cells found in the pancreas that secrete insulin and glucagon

**ISO** abbreviation independent sampling officer

**isokinetic training** noun weight training in which the muscle contracts at a constant speed, requiring specialised equipment

**isolation training** noun targeted training of a specific muscle or muscle group in order to remedy a weakness
**isometric**

**isometric adjective** 1. involving equal measurement 2. used for describing muscle contraction in which tension occurs with very little shortening of muscle fibres 3. used for describing exercises in which the muscles are put under tension but not contracted

**isometrics noun** a form of exercise in which the muscles are pushed against something fixed or against other muscles to strengthen them

**isometric stretching noun** a form of static stretching in which the muscles are tensed in resistance against a force but do not move

**isometric training noun** weight training in which the muscle fibres contract but the muscle does not shorten, developing static strength

**isoprenaline noun** a drug that dilates the bronchial tubes, used in the treatment of asthma

**isotonic adjective** used for describing a solution, e.g. a saline drip, that has the same osmotic pressure as blood serum and can therefore be passed directly into the body. Compare hypertonic, hypotonic

**isotonic drink noun** a liquid supplement that has nutrients in the same proportions in which they are normally found in the body

**ITBS abbreviation** iliotibial band syndrome
J

j abbreviation joule
jab verb to make a short fast punch at an opponent, e.g. in boxing
Jai Alai noun a version of the game pelota, for two or four players
javelin noun 1. a long thin piece of wood, plastic or metal with a pointed end, thrown in field competitions 2. an athletics event in which the contestants compete to throw a javelin as far as possible
jaw thrust noun the act of manually stabilising a patient’s jaw to open the airway without aggravating potential spinal injuries
jerk noun 1. a sudden movement of part of the body which indicates that the local reflex arc is intact 2. clean and jerk
jerks plural noun physical jerks
Jeux de la Francophonie plural noun a multi-sport event, held every four years, in which only athletes from French-speaking countries around the world, e.g. France, Canada and parts of Africa, are invited to take part
jockey noun a rider of racehorses, especially professionally
jock itch noun same as tinea cruris
jockstrap noun an elasticated belt with a pouch at the front, worn by sportsmen to support their genitals or to keep a protective cup in place
jog verb to run at a slow steady pace as a fitness exercise noun a spell of slow steady running for exercise
jogger noun somebody who runs at a moderate pace, often over long distances, for exercise plural noun joggers loose-fitting trousers with an elasticated waist and ankles, used for jogging
jogger's nephritis noun the presence of blood and protein in a person’s urine caused by jarring to the kidneys during strenuous activity such as running
jogging noun a fitness or recreational activity that involves running at a moderate pace, often over long distances
joint noun a part of the body where two bones meet
joint capsule noun white fibrous tissue that surrounds and holds a joint together
joint cavity noun the space between the ends of two bones that is usually filled with cartilage and cushioning fluid and is surrounded by the joint capsule
Jones fracture noun a bone fracture caused by stress and overuse.
joule noun the SI unit of measurement of work or energy. Abbreviation J (NOTE: 4.184 joules equals one calorie.)

judo noun a Japanese martial art in which opponents use balance and body weight, with minimal physical effort, to throw each other or hold each other in a lock

jugal adjective same as zygomatic

juice noun the liquid inside a fruit or vegetable

juice drink noun a flavoured drink containing between 6% and 30% fruit juice, water, sugar and flavourings

jujitsu noun a Japanese system of unarmed fighting devised by the samurai, or the martial art based on it

jumper’s knee noun same as patellar tendinitis

jump jockey noun a jockey specially trained to jump horses over fences and ride in steeplechases

jump mat noun a type of force platform designed specifically for testing jumps

jump rope noun US same as skipping rope

jump shot noun in basketball, a shot made with one or both hands by a player who is at the highest point of a jump

junk food noun food of little nutritional value, e.g. high-fat processed snacks, eaten between or instead of meals
kabaddi noun a team sport in which players must capture members of the opposing team while holding their breath, popular in South Asia
kallikrein noun an enzyme present in blood, urine and body tissue that, when activated, dilates blood vessels
karate noun a traditional Japanese form of unarmed combat, now widely popular as a sport, in which fast blows and kicks are used
kata noun a sequence of movements in some martial arts such as karate, used either for training or to demonstrate technique
kayak noun a lightweight fibreglass canoe propelled by a double-bladed paddle, used for leisure and in competitive sport
kayaking noun the sport of racing or travelling in a kayak
keep-fit noun a programme of physical exercises designed to keep the body in good condition
kempo noun a martial art that combines karate with elements of Chinese fighting styles
kendo noun a Japanese martial art in which people fence using bamboo sticks instead of swords
Keshan disease noun selenium deficiency that causes damage to the heart
ketone noun an organic compound containing a carbon atom connected to an oxygen atom by a double bond and to two carbon atoms
ketosis noun the metabolisation of ketone bodies to provide the brain with energy when sufficient glucose is not available through the diet
kettle bell noun a hand-held weight with a loose ball that moves during exercise, forcing the lifter to constantly adjust and compensate
Khmer boxing noun a form of kickboxing, originating in Cambodia, in which blows with the knees and elbows are used in addition to punches and kicks
kick verb 1. to strike a ball with the foot 2. to strike something or somebody with the foot, e.g. in martial arts 3. to make a thrashing movement with the legs, e.g. when fighting or swimming 4. (in cricket) to bounce up high and quickly a noun 1. a blow with the foot, e.g. in martial arts 2. a thrashing movement with the leg when swimming 3. the striking of a ball with the foot
kickabout noun an informal game of football
**kickboard** noun US a small buoyant board held by a swimmer in order to stay afloat while practising kicking techniques

**kickboxing** noun a form of boxing that involves kicking as well as punching

**kick-off** noun 1. (in football) the place kick from the centre spot that begins the match 2. the time at which a football match is due to start

**kill** verb 1. (in football) to bring a fast-moving ball under instant control 2. (in racket games) to hit the ball so hard, with such skill or in such a direction that your opponent has no chance of returning it 3. to hit a ball very hard

**killer instinct** noun an overpowering drive to overcome an opponent

**kilocalorie** noun a unit of measurement of heat equal to 1000 calories. Abbreviation kcal (NOTE: In scientific use, the SI unit joule is now more usual. 1 calorie equals 4.186 joules.)

**kilogram** noun an SI unit of measurement of weight equal to 1000 grams. Abbreviation kg

**kilojoule** noun an SI unit of measurement of energy or heat equal to 1000 joules. Abbreviation kJ

**kilometre** noun a measure of length equal to 1000 metres or 0.621 miles. Abbreviation km (NOTE: The US spelling is kilometer.)

**kinaesthesia** noun the fact of being aware of the movement and position of parts of the body

**kinematics** noun the scientific study of motion

**kinesin** noun a protein that uses chemical energy from ATP to create movement within cells, e.g. separating chromosomes during division and transporting neurotransmitters inside nerve cells

**kinesiology** noun the study of human movements, particularly with regard to their use in treatment

**kinetic energy** noun the energy that a body or system has because of its motion. Symbol \( T, E_k \)

**kinin** noun a polypeptide that makes blood vessels widen and smooth muscles contract

**kit** noun a set of items used for a specific purpose

**kite surfing, kiteboarding** noun a water sport in which the participants ride on surfboards with a kite attached to their bodies to give propulsion and lift

**kloofing** noun the extreme sport of following the course of a river through a gorge by climbing, swimming and jumping

**knead** verb to press and rub someone’s muscles hard during massage

**knee bend** noun an exercise in which a person squats and raises himself or herself again repeatedly

**kneecap** noun same as patella

**knee jerk** noun same as patellar reflex

**knee pad** noun a piece of padding attached to straps, used for protecting the knees from injury during sports

**knee support, knee wrap** noun a supportive bandage used for protecting the knees from injury during sports

**knockabout** noun an informal ball game (informal)
knock out verb 1. (in boxing and some other full-contact sports) to knock an opponent down for a count of ten, thus winning the match 2. to eliminate an opponent or team from a competition by winning a match or game

knockout noun 1. (in boxing) a punch that knocks an opponent down for a count of ten and so wins a contest 2. a sports competition in which a person or team beaten in one game or match is eliminated from the entire competition

knock up verb 1. (in racket sports) to hit the ball back and forth in practice with an opponent, especially before beginning a match 2. (in cricket) to score a particular number of runs

knockup noun (in racket games) a practice period with an opponent, especially before the beginning of a match

KO noun a knockout, especially in boxing

korfball noun a game similar to basketball that is played by two teams of twelve players, each team having six men or boys and six women or girls

krav maga noun a martial art from Israel, used for self-defence and by the military, that emphasises attack and techniques for causing injury

Krebs cycle noun an important series of reactions in which the intermediate products of fats, carbohydrates and amino acid metabolism are converted to carbon dioxide and water in the mitochondria. Also called citric acid cycle

kyphosis noun an excessive backward curvature of the top part of the spine (NOTE: The plural is kyphoses.)

kyu noun a level of proficiency in some martial arts
labral tear noun damage caused to the labrum during an arm or shoulder injury
labrum noun a ring of cartilage in the shoulder and hip joints
lab testing noun testing for something such as biomechanical analysis that is carried out in a controlled private environment. Compare field testing
laceration noun a deep and jagged cut in the flesh
lacrosse noun a sport in which two teams of ten players use sticks with a net pouch (crosse) at one end to throw and catch a small hard rubber ball. The aim is to score a goal by throwing the ball into the opposing team’s goal net. Lacrosse was originated by Native North Americans.
lactalbumin noun a milk protein that contains all the essential amino acids
lactase noun an enzyme, secreted in the small intestine, that converts milk sugar into glucose and galactose
lactate noun a chemical compound that is formed by the breakdown of lactic acid, used as a fuel by the body
lactate threshold noun the point at which the breakdown of lactic acid for fuel results in a high enough concentration of hydrogen in the body to cause fatigue
lacteal noun a lymphatic vessel in the small intestine that absorbs fats
lactic acid noun a sugar that forms in cells and tissue, and also in sour milk, cheese and yoghurt
lactic testing noun testing the level in lactic acid present in muscles at various stages during an activity
lactic threshold noun same as onset of blood lactate accumulation
lac-o-vo-vegetarian adjective involving a diet that includes no animal flesh, poultry or fish but does include eggs and milk products. δ vegetarian, vegan
lactose noun a type of sugar found in milk
lactose intolerance noun a condition in which a person cannot digest lactose because lactase is absent in the intestine or because of an allergy to milk, causing diarrhoea
lacuna noun a small hollow or cavity (NOTE: The plural is lacunae.)
lacunar adjective used for describing hollows or cavities in tissue such as in bone or cartilage, especially ones that are unusual
ladder tournament noun a tournament based on a list of ranked players in a game or sport, in which each player may challenge any other player who is ranked one or two positions higher

lamella noun 1. a thin sheet of tissue 2. a thin medicated disc placed under the eyelid in order to apply the medicine to the eye (NOTE: [all senses] The plural is lamellae.)

lamina noun a side part of the bony arch in a vertebra

laminctomy noun a surgical operation to cut through the lamina of a vertebra in the spine to get to the spinal cord. Also called rachiotomy (NOTE: The plural is laminectomies.)

land training noun exercises on land for athletes, usually swimmers, who usually train in water

lane noun a section of track assigned to a competitive runner on a racing track or a swimmer in a swimming pool

langlauf noun same as cross-country skiing

lap noun a single circuit of a racetrack or running track or one length of a swimming pool ■ verb to overtake a competitor on a racetrack or running track after having completed at least one circuit more than he or she has

lap of honour noun an extra lap round a racetrack or running track run by the winner of a race or game to acknowledge the presence and applause of spectators

larynx noun the organ in the throat which produces sounds. Also called voice box (NOTE: The plural is larynges or larynxes.)

last noun the foot shape around which a training shoe is built, with a greater or lesser inward curve for different types of runner

latent learning noun learning that is not apparent when it occurs but can be inferred later from improved performance

lateral adjective 1. further away from the midline of the body 2. referring to one side of the body

lateral collateral tendon sprain noun a sprain of the tendon connecting the thigh bone to the fibula, caused by receiving a violent twist to the knee

lateral epicondylitis noun pain in the elbow joint caused by repeatedly moving the forearms, as in some racket sports, which strains the tendons at their point of attachment

lateral flexion noun sideways movement of the spine, as occurs when the neck moves towards the shoulder

lateral plane noun same as sagittal plane

lateral raises plural noun exercises performed using weights held in either hand, in which the arms hang down and are raised to a horizontal position at the sides of the body

late tackle noun in a game such as football, a foul resulting from an attempt to tackle an opposing player after the ball has been passed. This can be a bookable offence, especially if the player making the tackle comes into physical contact with the player who had possession of the ball.

latissimus dorsi noun a large flat triangular muscle covering the lumbar region and the lower part of the chest

lat pulldown noun same as pulldown

lats plural noun latissimus dorsi

layered eating noun a weight-management plan in which low-calorie, high-bulk foods are eaten first to reduce the appetite for the higher-calorie foods
lay up 124

lay up verb to prevent someone from leading a normal active life, usually temporarily because of injury or illness

LBM abbreviation lean body mass

LDL cholesterol noun low density lipoprotein

lead verb 1. to be ahead in a race or competition 2. (in baseball) to leave a base as a runner before a pitch 3. to aim something such as a ball at a point in front of a moving player to allow for the time of flight

league noun 1. an association of sports clubs or teams that compete with each other 2. a level of performance or skill

league table noun a list of teams or players that ranks them according to performance in a league

lean adjective used for describing meat with little fat

lean body mass noun same as fat-free mass

lean muscle noun muscle definition that is not obscured by subcutaneous fat

learning curve noun a graphical description of how someone can acquire knowledge over time

learning disability noun a condition that either prevents or significantly hinders someone from learning basic skills or information at the same rate as most people of the same age

left-footed adjective 1. having a natural tendency to lead with or use the left foot, especially in playing sports such as football 2. performed using the left foot

left-footer noun a left-footed sportsperson

left-handed adjective 1. having a natural tendency to use the left hand, especially in playing sports such as tennis 2. performed using the left hand

left-hander noun 1. a left-handed sportsperson 2. a blow delivered with the left hand

left wing noun 1. the side of a playing field that is to the left of a player facing the opponent’s goal 2. a player whose position in a team is on the left wing

leg noun 1. a part of the body with which a person or animal walks and stands 2. one of the parts of a relay race that a single athlete completes 3. one of several stages, events or games that is part of a larger competition but is treated independently of the other parts and has its own winner 4. either of two games in a competition played between two football teams, one game being played at home, the other away. The aggregate score of the two games determines the overall winner of the round 5. the part of a cricket field that lies on the left of and behind a right-handed batsman as he or she stands in position to hit the ball

leg before wicket adjective (in cricket) the dismissal of a batsman whose leg has obstructed a ball that the umpire adjudges would otherwise have hit the wicket

leg-break noun (in cricket) a ball with a bounce that spins from the leg side to the off side

leg curl noun same as leg extension

leg extension noun 1. a backwards or downwards movement of the leg from the hip joint 2. a curl performed sitting down with a weight over the lower legs, or a machine that simulates this

leg flexion noun a forwards or upwards movement of the leg from the hip joint

leg press noun an exercise in which the legs are brought together against resistance provided by a machine

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leisure centre noun a building where people can exercise, with equipment usually including exercise machines, swimming pool and space for sports such as badminton, as well as changing and refreshment facilities

lemniscus noun a bundle of fibres, especially a bundle of nerve fibres

leotard noun a tight-fitting one-piece elastic garment that covers the torso and is worn especially by dancers, gymnasts, and acrobats

les autres plural noun (in disabled sport) a classification for those athletes who do not fit into the established categories, e.g. athletes with multiple sclerosis or restricted growth

lesion noun a wound, sore or damage to the body (NOTE: Used to refer to any damage to the body, from the fracture of a bone to a cut on the skin.)

let noun in games such as tennis and squash, a service in which the ball is obstructed and the shot has to be played again

leucine noun the most common amino acid found in proteins, essential for growth in infancy

leukocyte noun a white blood cell that contains a nucleus but has no haemoglobin

levator noun 1. a surgical instrument for lifting pieces of fractured bone 2. a muscle that lifts a limb or a part of the body

LH abbreviation luteinising hormone

libero noun (in sports such as volleyball and ice hockey) a defensive player who operates freely across the whole playing area

life-saving noun the activity of saving people from drowning in a swimming pool or the sea

lifestyle noun the way in which a person or group of people live their daily lives, including habits, diet and activities

lifestyle change noun a change to a person’s daily routine caused by starting one or more new activities, e.g. taking more daily exercise

ligament noun a thick band of fibrous tissue that connects the bones at a joint and forms the joint capsule

light flyweight noun (in amateur boxing) a weight category for competitors whose weight does not exceed 48 kg or 106 lb

light heavyweight noun (in professional boxing) a weight category for competitors who weigh between 72.5 and 79.5 kg or 160 and 175 lb

light middleweight noun (in amateur boxing) a weight category for competitors who weigh between 67 and 71 kg or 148 and 156 lb

lightweight noun (in professional boxing) a weight category for competitors who weigh between 59 and 61 kg or 130 and 135 lb

light welterweight noun (in amateur boxing) a weight category for competitors who weigh between 60 and 63.5 kg or 132 and 139 lb

limber up verb to do gentle physical exercises to loosen and warm the muscles prior to taking part in more strenuous physical activity

limiting amino acid noun the amino acid that is present in the smallest amount in a particular foodstuff, limiting the amount of protein that can be absorbed

limp verb to walk with an uneven step because of an injury or disability ■ noun a way of walking or running that involves a degree of motion impairment, usually as a result of injury
line noun 1. a long narrow mark that shows the boundary of any of the divisions of a playing area or race track 2. (in American football) either of the two rows of opposing players facing each other on either side of the line of scrimmage

line judge noun (in sports such as tennis) an official who assists the umpire by signalling when the ball is out of play, and sometimes when it is in play at times of uncertainty

lineman noun (in American football) a player on the forward line

line of scrimmage noun (in American football) an imaginary line across the field at which the ball rests and where the players of the opposing teams form up facing each other for a play

line-out noun (in rugby union) a restart of play in which the ball is thrown from the touchline for two lines of opposing forwards to jump and catch

linesman noun 1. same as line judge 2. (in American football) an official who watches for infringements, marks the downs and places the ball in position 3. (in football) an assistant referee positioned along a touchline (dated)

linesperson noun in sports such as tennis, football, and American football, an official who assists the referee or umpire, e.g. by signalling that a ball is out of play

lineswoman noun in sports such as tennis, football, and American football, a woman official who assists the referee or umpire, e.g. by signalling that a ball is out of play

line-up noun a list of players in a team together with the positions they play in

liniment noun an oily liquid rubbed on the skin to ease the pain or stiffness of a sprain or bruise by acting as a vasodilator or counterirritant. Also called embrocation

liparia noun same as obesity

lipectomy noun the surgical removal of fatty tissue from beneath the skin

lipid noun any organic compound that is insoluble in water, e.g. fat, oil or wax

lipidaema noun subcutaneous fat deposits that form in the lower extremities of the body

lipodology noun the study of fat and its effects on the body

lipodystrophy noun any condition in which fat is ineffectively metabolised

lipolysis noun the breakdown of fatty acids in the body

lipoprotein noun a protein that combines with lipids and carries them in the bloodstream and lymph system (NOTE: Lipoproteins are classified according to the percentage of protein they carry.)

lisinopril noun an oral drug used in the treatment of hypertension

live adjective 1. of an event, appearing, performing, or performed in front of an audience or in person, rather than recorded or filmed 2. in sports such as baseball or football, used to describe a ball that remains in play because officials have not halted action

living food diet noun same as raw food diet

load noun 1. a weight or mass which is supported 2. the force that a body part or structure is subjected to when it resists externally applied forces 3. the amount of something, usually weight, that a body part can deal with at one time

loading dose noun a dose of a dietary supplement that is very high and delivers the maximum amount of the substance to the body in a short space of time

lob verb to hit or throw a ball in a high curving trajectory ■ noun a ball that travels over the head of a tennis player
locker noun a small lockable cupboard or compartment where personal belongings can be left, e.g. at a swimming pool or in a gym

locker room noun a room containing lockers, where people change their clothes for sports or swimming

log roll noun a technique for moving an injured person that does not risk aggravating any potential spinal injury, in which the body is rolled sideways, e.g. onto a spinal board

long bone noun any long limb bone that contains marrow and ends in a part that forms a joint with another bone

long-chain fatty acids plural noun fatty acids with more than six carbon bonds

long jump noun an athletics event in which the contestants jump for distance, usually from a running start into a sand pit

long shot noun a player or team that is unlikely to win a race or competition

Long-Term Athlete Development, Long-Term Player Development noun a model that explains sport-specific best practice for a serious athlete at each stage of skills learning. Abbreviation LTAD, LTPD

long-term goal noun something that a person wants to achieve in the future, which they are working towards

long-term memory noun the part of the mind that retains information permanently or nearly so

longwinded adjective capable of doing physical exercise for a relatively long period of time without getting short of breath

loose-jointed adjective 1. agile and supple in movement 2. having joints that are very mobile

loosen up verb to do exercises, or exercise muscles or joints, in order to become more limber, prior to strenuous activity

lordosis noun excessive forward curvature of the lower part of the spine. s kyphosis

love noun a score of zero in some sports and games, e.g. tennis and squash

love game noun a game in tennis and some other sports in which the loser scores no points

low biological value noun the fact of containing a relatively low amount of bioavailable proteins

low blood pressure noun same as hypotension

low-calorie adjective used for describing foods and drinks with a low energy value, in the EU generally less than 40 kcal per 100g

low density lipoprotein noun the lipoprotein that carries cholesterol to cells and tissue. Abbreviation LDL

lower abs plural noun the abdominal muscles that are below the navel

lower oesophageal sphincter noun a ring of muscle at the lower end of the oesophagus that prevents stomach contents from refluxing. Abbreviation LOS

lower-reference nutrient intake noun an amount of a nutrient that is sufficient for people with low nutrition requirements, but not for the majority of people. Abbreviation LRNI

low-fat adjective containing very little fat

low-impact adjective used for describing exercise that involves little compression of the joints

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low-sugar

low-sugar adjective containing very little sugar

LRNI abbreviation lower-reference nutrient intake

LTAD abbreviation Long-Term Athlete Development

LTPD abbreviation Long-Term Player Development

lucid adjective rational and mentally clear, especially in circumstances in which someone might be expected to exhibit opposite behaviour, e.g. because of a head injury

luge noun a racing toboggan on which the riders lie on their backs with their feet pointing forwards

lumbar adjective relating to the lower back

lumbar stenosis noun narrowing of the spinal canal, through which the spine and attached nerves pass, in the lower part of the back, causing pain and interruption to the nerve functions

lumen noun 1. the inside width of a passage in the body or of an instrument such as an endoscope 2. a hole at the end of an instrument such as an endoscope

lunate bone noun a bone of the wrist that articulates with the bones of the forearm

lung noun one of two organs of respiration in the body into which air is sucked when a person breathes

lung capacity noun the volume of oxygen that a person can hold in their lungs

lung disease noun medical conditions affecting the lungs, including asthma, emphysema and bronchitis

lunge noun 1. an exercise in which a person steps forward with one leg and moves the bulk of their body downwards, supporting it on the front leg 2. (in fencing) a sudden thrust made at an opponent

lupus erythematosus noun an inflammatory disease of connective tissue, the more serious form of which affects the heart, joints and blood vessels. Abbreviation LE

luteinising hormone noun a hormone, secreted by the pituitary gland, that regulates testosterone production, the action of which is affected by steroid use. Abbreviation LH

luxate verb to displace the bones of a joint (technical)

luxation noun same as dislocation

Lycra a trade name for a lightweight stretchy polyurethane fibre, or a fabric made from this, used for making sportswear

lymph noun a fluid containing white cells that is drained from tissue spaces by the vessels of the lymphatic system

lymphatic adjective relating to lymph or the lymphatic system

lymphatic flow noun the flow of substances transported by the lymphatic system

lymphatic system noun a network of vessels that transport fluid, fats, proteins and lymphocytes to the bloodstream as lymph, and remove microorganisms and other debris from tissues

lymph gland, lymph node noun an oval body in the lymphatic system that produces and houses lymphocytes and filters microorganisms and other particles from lymph, thus reducing the risk of infection

lymphocyte noun an important cell class in the immune system that produces antibodies to attack infected and cancerous cells, and is responsible for rejecting foreign tissue

lysine noun an essential amino acid
Maccabiah Games plural noun an international athletics event for Jewish athletes, held every four years in Israel, the year following the Olympic Games

machine weight noun same as fixed weight

macrobiotic adjective relating to macrobiotics

macrobiotics noun a dietary system based on vegetarian foods without artificial additives or preservatives, especially organically grown whole grains, fruit and vegetables

macrocycle noun a training cycle that typically lasts for a year

macronutrient noun a substance that an organism needs in large amounts for normal growth and development, e.g. nitrogen, carbon or potassium. Compare micronutrient

macronutrient cycling noun same as food combining

Maddocks’ questions plural noun a set of questions, used in a sports concussion assessment tool alongside the AVPU ratings, that assess what the player can remember about the game and their recent history

madison noun a cycling event in which competitors ride as teams, each rider relieving the other in turn

magnesium noun a chemical element found in green vegetables, essential for the correct functioning of muscles (NOTE: The chemical symbol is Mg.)

magnesium deficiency noun a condition that can cause heart arrhythmia and electrolyte disturbances

magnetic resonance image scan noun full form of MRI scan

maiden noun (in cricket) an over in which no runs are scored

maintenance dose noun a dose of a dietary supplement which is moderate and help to maintain a constant level of the substance in the body

maintenance training noun training that maintains an already-attained level of fitness, rather than increasing it

maize protein noun the protein found in corn

major league noun 1. either of the two main professional baseball leagues in the United States 2. a top league of professional football, ice hockey or basketball teams in the United States

major muscle noun a large muscle that exerts a lot of force
malabsorption noun a situation in which the intestines are unable to absorb the fluids and nutrients in food properly
malabsorption syndrome noun a set of symptoms caused by not taking in enough of a particular nutrient
malassimilation noun the poor or inadequate incorporation of food constituents such as proteins and minerals into bones, muscles and other body structures
malnourished adjective not having enough to eat or having only poor-quality food, and therefore ill
malnutrition noun 1. a lack of food or of good-quality food, leading to ill-health 2. the state of not having enough to eat
manage verb 1. to be in charge or control of something 2. to guide the career and control the business affairs of somebody such as a professional entertainer or athlete (NOTE: managing – managed)
manager noun someone who organises and controls the training of an athlete or a sports team
manikin noun an anatomical model of the human body, used in teaching anatomy
manipulate verb to rub or move parts of the body with the hands to treat a joint, a slipped disc or a hernia
manipulation noun a form of treatment that involves moving or rubbing parts of the body with the hands, e.g. to treat a disorder of a joint
man-to-man adjective in sports such as football, hockey, or basketball, having each defender of one team mark a corresponding attacker of the other team
manual therapy noun treatment for an injury involving massage and physical contact
MAO B abbreviation monoamine oxidase B
marathon noun 1. a long-distance footrace run over a distance of 42.195 km/26 mi. 385 yds 2. a test of endurance, especially in a competition
mark verb in games such as football and hockey, to stay close to an attacking player in the opposing team to prevent the player from receiving the ball or scoring
marker noun 1. in games such as football and hockey, a player who stays close to an attacking player in the opposing team to prevent him or her from receiving the ball or scoring 2. a substance which reveals the use of a banned substance, found in drugs testing
marks plural noun a runner’s individual starting position for a race
marrow noun soft red or yellow fatty tissue that fills the central cavities of bones
marrow bone noun any large hollow bone that contains bone marrow, soft spongy tissue in which new blood cells are produced
martial arts plural noun any of various systems of combat and self-defence, e.g. judo or karate, developed especially in Japan and Korea and now usually practised as a sport
masking agent noun an agent that disguises the signs of banned substance use so that an athlete can pass drugs tests, e.g. albumin solution
mass noun 1. a large quantity, e.g. a large number of people 2. a body of matter with no clear shape 3. a mixture for making pills 4. the main solid part of bone
massage noun a treatment for muscular conditions which involves rubbing, stroking or pressing the body with the hands
masseur noun a man who gives massages professionally

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masseuse noun a woman who gives massages professionally
massotherapy noun the use of massage as a medical treatment
mast noun a vertical spar that supports sails, rigging or flags on a ship
mast cell noun a large cell in connective tissue that carries histamine and reacts to allergens
master verb to become highly competent in a skill or acquire a complete understanding of some process
mastitis noun an inflammation of the breast, which can occur in female athletes not wearing a supportive sports bra
match noun 1. a contest between opponents, especially a sporting contest 2. somebody or something capable of competing equally with another person or thing
match-fit adjective used for describing a sportsperson who is ready to perform in competition, having recovered from an injury
match point noun the final point needed to win a match, especially in tennis and other racket sports
matkot noun a sport played in Israel on the beach using a small ball and wooden bats
matrix noun the substance that exists between cells and from which tissue such as cartilage and bone develops
maul noun (in rugby) a loose scrum that members of both teams form around the player holding the ball or trying to run with the ball
maximal oxygen consumption noun same as VO2Max
maximum heart rate noun the number of heartbeats per minute that an athlete should work at for maximum efficiency, usually expressed as 220 minus the age of athlete. Abbreviation MHR
ME noun a complex disorder with symptoms of profound fatigue and any of a range of other symptoms, including pain, muscle weakness, loss of brain function, hypersensitivity, digestive disturbances and depression. Full form myalgic encephalopathy
meal replacement product noun a bodybuilding supplement containing concentrated proteins, vitamins and minerals, usually powdered and taken mixed with water or milk. Abbreviation MRP
meat alternative, meat replacement noun a vegetarian food product that provides protein and takes the place of meat
mechanical adjective related to mechanics
mechanical ileus noun an ileus caused by a physical obstruction in the bowel
mechanical injury noun an injury inflicted by a piece of equipment used in a sport, e.g. a blister caused by running shoes
mechanical sport noun any sport in which a machine or vehicle is used, e.g. motor racing
mechanical traction noun treatment for an injury which uses traction to separate or properly align the skeleton
mechanics noun the study of the forces acting on moving parts or systems, e.g. the human body
mechanoreceptor noun a sensory receptor of a nerve that responds to pressure, vibration, or another mechanical stimulus
mechanotherapy noun the treatment of injuries through mechanical means such as massage and exercise machines

medal noun a small flat piece of metal, usually shaped like a coin and stamped with an inscription or design, awarded to the winners of a sporting competition | verb to win a medal in a competition

medial adjective nearer to the central midline of the body or to the centre of an organ. Compare lateral

medial collateral tendon sprain noun a sprain of the tendon connecting the thighbone to the shinbone, caused by receiving a violent twist to the knee

medial epicondylitis noun pain in the elbow joint caused by repeatedly moving the hand and wrist, which strains the tendons at their point of attachment

medial stress syndrome noun a condition in which a set of muscles in the lower leg are inflamed, causing shin pain

median nerve noun one of the main nerves of the forearm and hand

median plane noun same as sagittal plane

medic noun a doctor or medical student

medical food noun food specially processed or formulated to be given, under medical supervision, to patients who require a special diet

medicine ball noun a large heavy ball that people throw to each other as a strength-building exercise

medicolegal adjective relating to the possible legal implications of giving medical care, especially when this is faulty or negligent

meditation noun the emptying of the mind of thoughts, or the concentration of the mind on one thing, in order to aid mental or spiritual development, contemplation, or relaxation

Mediterranean diet noun a diet high in fibre and monounsaturated fat from fish, vegetables, grains and olive oil

medium-term goal noun something that a person wants to achieve over a period of a few months or years, which they are working towards

medley noun a swimming race between individual swimmers or relay teams in which sections are swum using different strokes

medley relay noun a relay swimming race between teams of four swimmers, each of whom uses a different stroke

medulla noun 1. the soft inner part of an organ, as opposed to the outer cortex 2. bone marrow 3. any structure similar to bone marrow

medullary cavity noun a hollow centre of a long bone, containing bone marrow

megadose noun a large dose of something such as a vitamin

megajoule noun a unit of measurement of energy equal to one million joules. Abbreviation MJ

megavitamin noun a dose of a vitamin or vitamins that is much higher than the usual dose

membrane noun a thin layer of tissue that lines or covers an organ

membrane bone noun a bone that develops from tissue and not from cartilage

meniscectomy noun the surgical removal of a cartilage from the knee
meniscus noun a cartilage pad inside the knee which can become damaged if the knee is twisted forcefully

mental attitude noun whether a person is optimistic or pessimistic about their chances of success

mental health noun the condition of someone’s mind

mentor noun somebody who advises and guides a younger, less experienced person

mesocycle noun a training cycle that typically lasts for a few weeks

mesomorph noun a body type that is muscular and powerful

MET abbreviation metabolic equivalent

metabolic equivalent noun a unit used for expressing the resting metabolic rate. Abbreviation MET

metabolic fuels plural noun reserves of energy which the body draws upon, primarily muscle glycogen and free fatty acids

metabolic nitrogen noun nitrogen in the body that comes from internal sources and not the diet, e.g. from intestinal bacteria

metabolic pathway noun a series of chemical reactions in the body, controlled by enzymes

metabolic rate noun a measure of how fast the chemical reactions in living cells happen

metabolic syndrome noun a medical condition characterised by symptoms such as obesity, diabetes, hypertension and high cholesterol

metabolic waste noun a substance produced by metabolism, e.g. carbon dioxide, which is not needed by the organism which produces it

metabolic waste products plural noun substances which build up in the body as a result of metabolism, e.g. lactic acid in muscles

metabolisation noun the act of metabolising food

metabolise verb when the body metabolises food, it converts food into new or repaired cell material and tissues and energy after it has been broken down in the gut and transported in the blood to the cells of the body

metabolism noun the chemical processes that are continually taking place in the human body and are essential to life, especially the processes that convert food into energy

metabolite noun a substance produced by metabolism, or a substance taken into the body in food and then metabolised

metacarpal noun any bone in the human hand between the wrist and digits

metacarpus noun the five bones in the hand between the fingers and the wrist

metacognitive adjective relating to the activity of monitoring and revising one’s own performance

metatarsal noun any of the five bones in the metatarsus

metatarsalgia noun pain in the metatarsals caused by excessive weight-bearing activity or poor-fitting shoes

metatarsus noun the five long bones in the foot between the toes and the tarsus (NOTE: The plural is metatarsi.)

methanedienone noun a steroid supplement, taken orally by bodybuilders, that is thought to increase aerobic glycosis and also helps maintain bone mass
MHR

MHR  abbreviation maximum heart rate

microcycle noun a training cycle that typically lasts for one week

microfibre noun a wrinkle-resistant washable fabric made of fine synthetic fibres

micronutrient noun a substance that an organism needs for normal growth and development, but only in very small quantities, e.g. a vitamin or mineral. Compare macro-nutrient

microtear noun a minute tear in muscle-fibre tissue, seen in competitive cyclists and other distance athletes

middle scalene noun a pair of muscles involved in tilting the neck

middleweight noun 1. in professional boxing, a weight category for competitors who weigh between 66.5 and 72.5 kg/147 and 160 lb 2. in amateur boxing, a weight category for competitors who weigh between 71 and 75 kg/157 and 165 lb 3. a professional or amateur boxer who competes at middleweight level 4. in various sports such as wrestling, a contestant of approximately the same weight as a middleweight boxer

midfield noun 1. the middle portion of a sports pitch, especially the area midway between the two penalty areas 2. the group of players who contest control of the central area of the pitch between the two penalty areas

midfielder noun a member of a football team active in the central area of the playing field, often both in attack and defence

midline noun an imaginary line drawn down the middle of the body from the head through the navel to the point between the feet

midsection noun the middle part of something, especially the area of the human body between the chest and waist

mid-shaft fracture noun a bone fracture caused by severe trauma to the limb

mile noun an imperial measurement of distance, equal to 1.609km

mileometer noun a device that records distance travelled, e.g. one fitted to a racing cycle

military press noun an exercise in which a barbell is lifted from the chest to over the head

milk protein noun the protein found in milk, which is highly bioavailable and often used in protein supplements

direct-body-spirit adjective same as holistic

mindfulness noun the act of concentrating or being deliberately attentive

mindfulness training noun a programme designed to reduce the psychological and physical effects of stress that involves meditation, yoga and other relaxation methods

mindset noun a set of beliefs or a way of thinking that determine somebody’s behaviour and outlook

mineral noun an inorganic substance with a characteristic chemical composition that occurs naturally and is an essential part of the human diet

mineralisation noun bone mineralisation

mineral salt noun a crystalline compound formed from the neutralisation of an acid solution containing a mineral

mineral water noun water that comes naturally from the ground and is sold in bottles

miner’s cramp noun a cramping of the muscles due to salt loss through excess sweating
mini-stepper noun a small home exercise machine with two foot pads that are pushed up and down against some resistance to work the leg muscles

mini-stroke noun same as transient ischaemic attack

minute ventilation noun a test for respiratory capacity that measures the volume of air expired in one minute

mishit verb to hit something badly, e.g. a ball or puck, so that it does not go in the desired direction or has insufficient force behind it

miskick verb to fail to kick a ball in the right or intended way

misdisplay verb to play or move something such as a ball or game piece badly or carelessly

misthrow verb to throw something such as dice or a ball in a wrong or invalid way

misuse noun of an addictive substance

mitochondrion noun a small round or rod-shaped body that is found in the cytoplasm of most cells and produces enzymes for the metabolic conversion of food to energy

mitral valve noun a valve in the heart which allows blood to flow from the left atrium to the left ventricle but not in the opposite direction. Also called bicuspid valve

mobile adjective able to move freely or easily

mobilisation noun the act of helping something such as a stiff joint to move freely again

mobilised adjective used for describing teeth that have been loosened by an impact

mobility noun the ability to move about

mobility training noun exercises that increase the range of movement of the joints

modern pentathlon noun an athletics competition in which the contestants compete in five different events and are awarded points for each to find the best all-round athlete. The events are swimming, horse riding, cross-country running, fencing and pistol shooting.

molybdenum noun a metallic trace element (NOTE: The chemical symbol is Mo.)

monitor noun a screen on a computer

monoamine noun an amine compound that contains one amino group, especially the neurotransmitters adrenaline and serotonin

monoamine oxidase B noun an enzyme which inhibits the action of dopamine, high levels of which have been implicated in cases of depression and neurological disorders such as Parkinsonism. Abbreviation MAO B

monoaminergic adjective caused or mediated by monoamines

monolift noun a machine which holds a weightlifter’s barbell in place until they are ready to lift

mononucleosis noun an infectious disease, caused by a virus, that causes fatigue and fever-like symptoms and increases the chances of splenic rupture

monoplegia noun the paralysis of one part of the body only, i.e. one muscle or one limb

monosaccharide noun a simple sugar of the type that includes glucose, fructose and galactose

monounsaturated fat noun a fat or oil containing a single double bond in the chain of carbon atoms that make up the fatty acid part (NOTE: Olive oil is the commonest example.)
Montignac diet noun a dietary plan that advises that carbohydrates and proteins or fats should not be eaten at the same time

mood swing noun a sudden and extreme change in someone’s mood, possibly as a result of their diet

morbidity noun how prevalent a disease or condition is in a population

morbid obesity noun severe obesity, as much as twice the ideal body weight of a person

morphine noun a powerful painkilling drug the use of which is banned for athletes

Morton’s toe noun a disorder of the foot in which the second toe is longer than the big toe, causing gait problems and a tendency to overpronate

motion control noun same as stability control

motivate verb to make somebody feel enthusiastic, interested and committed to a goal, or to give them a reason or incentive to perform

motivation noun 1. the act of giving somebody a reason or incentive to do something 2. a feeling of enthusiasm, interest, or commitment that makes somebody want to do something, or something that causes such a feeling 3. the biological, emotional, cognitive, or social forces that activate and direct behaviour

motocross noun a motorcycle race, or the sport of racing motorcycles, over a rough course with steep hills, wet or muddy areas, and turns of varying difficulty. Abbreviation MX

motor adjective relating to muscle activity, especially voluntary muscle activity, and the consequent body movements

motorbike noun same as motorcycle

motorbike racing noun the sport of racing on motorcycles

motor cortex noun the region of the outer surface of the brain where nervous impulses controlling voluntary muscle activity are initiated

motorcycle noun a two-wheeled road vehicle powered by an engine

motor dysfunction noun the incorrect function of motor neurons, causing an inability to control muscle movements

motoric adjective relating to voluntary muscle movement

motor nerve noun a nerve which carries impulses from the brain and spinal cord to muscles and causes movements. Also called efferent nerve

motor neuron, motor neurone noun a neuron that is part of a nerve pathway transmitting impulses from the brain to a muscle or gland

motor neuron disease noun a progressive degenerative disease involving the motor neurons and causing weakness and wasting of the muscles

motor output noun the movement made by a person in response to nerve impulses

motor protein noun any of a group of cell proteins that use chemical energy from ATP to create movement within cells, e.g. by separating chromosomes during cell division and transporting neurotransmitters inside nerve cells

motor skill learning noun the acquisition of new motor skills, either as a child or as part of sports training

motor skills plural noun the ability of a person to make movements to achieve a goal, with stages including processing the information in the brain, transmitting neural signals and coordinating the relevant muscles to achieve the desired effect...
murmur noun a soft blowing or fluttering sound, caused by turbulent blood flow, that originates from the heart, lungs or arteries and may indicate disease or structural concerns
muscle noun 1. an organ in the body that contracts to make part of the body move 2. same as muscle tissue

muscle-bound adjective having muscles that are so bulky that they restrict movement

muscle building noun developing the muscles by training with weights and having a diet rich in protein

muscle candy noun US a dietary supplement used by athletes to enhance bursts of high performance (slang)

muscle cell noun a long contractile cell of the kind that forms the muscles of the body

muscle confusion noun the act of using several different exercises for a single muscle so that it cannot adapt to a predictable workout and is therefore forced to work harder

muscle endurance noun the capacity of muscles to sustain prolonged aerobic activity

muscle failure noun the inability of muscles to produce enough energy to sustain further activity

muscle fatigue noun tiredness in the muscles after strenuous exercise

muscle fibre noun a component fibre of muscles (NOTE: There are two types of fibre, one forming striated muscles and one forming smooth muscles.)

muscle function noun the smooth expansion or contraction of muscles in the body to create movement

muscle group noun same as compartment

muscle insertion noun the point of attachment of a muscle to a bone

muscle man noun a very strong man with highly developed muscles

muscle relaxant noun a drug that reduces contractions in the muscles

muscle spasm noun a sudden uncontrolled contraction of a muscle

muscle spindle noun any of the sensory receptors that lie along striated muscle fibres

muscle tissue noun the specialised type of tissue that forms the muscles and can contract and expand

muscle tone noun same as tone

muscle wasting noun a condition in which the muscles lose weight and become thin

muscular adjective relating to muscle

muscular branch noun a branch of a nerve to a muscle carrying efferent impulses to produce contraction

muscular defence noun a rigidity of muscles associated with inflammation such as peritonitis

muscular disorder noun a disorder which affects the muscles, e.g. cramp or strain

muscular fatigue noun same as muscle fatigue

muscular system noun the muscles in the body, usually applied only to striated muscles

muscular tissue noun same as muscle tissue

musculature noun the way that the muscles are arranged in a body or body part

musculo- prefix relating to or affecting muscle
**Musculocutaneous Nerve** noun a nerve in the brachial plexus which supplies the muscles in the arm

**Musculoskeletal** adjective relating to muscle and bone

**Musculoskeletal Screening** noun medical screening of an athlete designed to identify weak areas where injury might occur, so that it can be prevented

**Myalgia** noun a muscle pain

**Myalgic Encephalopathy** noun full form of ME

**Myasthenia** noun an autoimmune disease involving extreme weakness of some muscles, caused by the blocking of the receptors for acetylcholine, the neurotransmitter that causes muscular contraction

**Mycoprotein** noun a food, especially a meat substitute, made by fermenting a fungus and heating, draining and texturing the resultant product

**Mydriasis** noun excessive dilation of the pupils of the eye, usually caused by prolonged drug therapy, coma or injury to the eye

**Myelin** noun the substance of the cell membrane of Schwann cells that coils into a protective covering (myelin sheath) around nerve fibres

**Myelinated** adjective used for describing nerve fibre that are covered by a myelin sheath

**Myelin Sheath** noun a layer of myelin that insulates some nerve cells and speeds the conduction of nerve impulses

**Myelitis** noun 1. inflammation of the spinal cord 2. inflammation of bone marrow

**Myelogogenous** adjective originating in or produced by the bone marrow

**Myeloid** adjective 1. relating to bone marrow, or produced by bone marrow 2. relating to the spinal cord

**Myo-** prefix referring to muscle

**Myocardial** adjective referring to the myocardium

**Myocardial Infarction** noun the death of part of the heart muscle after coronary thrombosis. Abbreviation MI

**Myocardial Ischaemia** noun insufficient blood supply to the heart

**Myocardiograph** noun an instrument that records the contractions of the heart muscle

**Myocardium** noun the middle layer of the wall of the heart, formed of heart muscle

**Myocyte** noun a condition in which a muscle pushes through a gap in the surrounding membrane

**Myocete** noun a cell that can contract, especially a muscle cell

**Myoclonus** noun a sudden muscular contraction, or a series of these, that usually indicates a disorder of the nervous system if experienced persistently

**Myocyte** noun a muscle cell

**Myoelectric** adjective 1. relating to or involving the electrical properties of muscle 2. using the detection of electrical impulses in muscle to activate a bionic part such as an artificial limb

**Myoelectrical** adjective relating to or involving the electrical properties of muscle
**myofascial release** 140

**myofascial release** *noun* a form of gentle massage involving the stretching and manipulation of the tough connective tissue that surrounds the body

**myofibril** *noun* a long thread of striated muscle fibre

**myofilament** *noun* one of the filaments that make up a myofibril, either the thicker filaments composed of the protein myosin or the thinner filaments composed of the proteins actin or troponin

**myogenic** *adjective* used for describing movement that comes from an involuntary muscle

**myoglobin** *noun* muscle haemoglobin, which takes oxygen from blood and passes it to the muscle

**myokymia** *noun* twitching of a particular muscle

**myology** *noun* the study of muscles and their associated structures and diseases

**myoneural** *adjective* relating to or involving both the muscles and the nerves

**myoneural junction** *noun* same as **neuromuscular junction**

**myopathy** *noun* a disease of a muscle, especially one in which the muscle wastes away

**myoplasty** *noun* a form of plastic surgery to repair a muscle

**myosarcoma** *noun* a malignant tumour occurring in muscle

**myosin** *noun* a protein in muscles that helps them contract

**myositis** *noun* inflammation and degeneration of a muscle

**myotome** *noun* 1. a cell in early embryos that gives rise to muscle in the body 2. a muscle that is supplied by a nerve of the spine

**myotonia** *noun* difficulty in relaxing a muscle after exercise

**myotonic** *adjective* referring to tone in a muscle

**myotonus** *noun* muscle tone
NAD *noun* a supplement used for fighting the symptoms of fatigue. Full form *nicotinamide adenine dinucleotide*

*nandrolone* *noun* an anabolic steroid that builds muscle *(NOTE: Its use is banned by the International Amateur Athletics Federation.)*

*nap* *noun* *(in horse racing)* a tip for a horse that is very likely to win

*naprapathy* *noun* a system of therapy that combines diet with manipulation of joints, ligaments and muscles to assist the body’s natural regenerative ability

*narcotic* *noun* any typically addictive drug, especially one derived from opium, e.g. cocaine, that may produce effects ranging from pain relief and sleep to stupor, coma and convulsions

*narcotic analgesic* *noun* a painkiller sometimes misused by athletes to allow them to continue to train despite injury

*naires* *plural noun* the nostrils *(NOTE: The singular is *naris.*)*

*nasopharynx* *noun* the top part of the pharynx that connects with the nose

*nationals* *plural noun* a sports or games competition in which participants from all parts of a nation are involved

*national sport* *noun* a sport that is very popular in a country and is considered to be part of its culture

*natriuresis* *noun* the loss of excessive amounts of sodium in urine

*natural additive* *noun* a food additive that is a natural extract of a raw material, rather than a synthesised chemical

*nature cure* *noun* a holistic approach to medicine that only uses natural substances and remedies in order to allow the body’s own natural powers of healing and protection to treat illness or disease

*nature-identical* *adjective* referring to a synthesised additive that is chemically identical to one naturally occurring in food

*Nautilus* a trade name for a manufacturer of professional exercise equipment

*nebulin* *noun* a molecule in muscle tissue that binds actin

*neck* *noun* a part of the body that connects the head to the shoulders

*necrosis* *noun* the death of a part of the body such as a bone, tissue or an organ as a result of disease or injury

*necrotic* *adjective* referring to, or affected with, necrosis
negative noun an exercise in which a weight is lowered slowly against gravity

negative attitude noun a pessimistic mental attitude towards an activity that may decrease the chance of succeeding

negative energy balance noun a situation in which a person is using more energy on a day-to-day basis than he or she consumes, leading to weight loss

negative thinking noun a way of thinking that is pessimistic and focusing only on bad things that may happen

neoprene noun a type of plastic used for making sports injury braces and supports and for making wetsuits

nerve 1. a bundle of fibres that can transmit electrochemical impulses and that forms part of the network that connects the brain and spinal cord to the body’s organs 2. the sensitive tissue in the root of a tooth

nerve block noun the act of stopping the function of a nerve by injecting an anaesthetic

nerve cell noun same as neuron

nerve centre noun the point at which nerves come together

nerve ending noun same as sensory receptor

nerve fibre noun a thin structure leading from a nerve cell and carrying nerve impulses, e.g. an axon

nerve impulse noun an electrochemical impulse that is transmitted by nerve cells

nerve regeneration noun the growth of new nerve tissue after damage has occurred

nerve root noun the first part of a nerve as it leaves or joins the spinal column

nerve tissue noun tissue which forms nerves, and which is able to transmit the nerve impulses

nervous system noun the nervous tissues of the body, including the peripheral nerves, spinal cord, ganglia and nerve centres

nervous tic noun an involuntary twitch of a muscle, especially of the face, that is sometimes a symptom of nervousness or a nervous disease

net 1. in some sports such as tennis and volleyball, a strip of meshwork material that divides a court into halves and over which the players must hit a ball or shuttlecock 2. in some sports such as football and water polo, a goal with a backing made of meshwork material 3. (in cricket) an indoor or outdoor practice pitch surrounded on three sides by nets that contain the ball after it has been hit • verb 1. in games such as football and hockey, to hit the ball into the net so as to score 2. in games such as tennis and volleyball, to hit the ball into the net so as to lose a serve, and sometimes a point

netball noun an indoor or outdoor game usually played by girls or women in which goals are scored by throwing a ball through a raised net. Players can hand or throw the ball to each other but not run with it.

net cord noun a tennis shot, especially a serve, that touches the net before landing on the opponent’s side. In the case of a serve, the server retakes the shot.

net dietary protein energy ratio noun the protein content of a food, expressed as the amount of protein contained and the quality of it. Abbreviation NDpE

net protein retention noun a measure of protein quality, comparing its protein efficiency ratio with the weight loss of a test group fed no protein. Abbreviation NPR

net protein utilisation noun a measure of protein quality, taking into account both its biological value and its digestibility. Abbreviation NPU
Nettle tea *noun* an infusion of nettle leaves, traditionally used for cleansing and detoxifying the body

Neural *adjective* relating to a nerve or the nervous system

Neural arch *noun* a curved part of a vertebra, which forms the space through which the spinal cord passes

Neuralgia *noun* a spasm of pain that runs along a nerve

Neuralgic *adjective* relating to pain felt in the nerves

Neural network *noun* an interconnecting system of nerve cells, e.g. the system that makes the brain function

Neurasthenia *noun* a type of neurosis in which a person is mentally and physically irritable and extremely fatigued

Neurectomy *noun* a surgical operation to remove all or part of a nerve (NOTE: The plural is *neurectomies*.)

Neuritis *noun* inflammation of a nerve, giving a constant pain

Neuroactive *adjective* having an effect on neural tissue or the nervous system

Neuroanatomy *noun* the scientific study of the structure of the nervous system

Neurobiology *noun* same as *neuroscience*

Neurochemistry *noun* the study of the chemical composition of and reactions within the nervous system

Neurodegenerative *adjective* used for describing a disorder such as Alzheimer's disease or Parkinson's disease that causes damage to the nerves

Neuroendocrinology *noun* the study of the interrelationships between the nervous system, the endocrine system, and hormones

Neurogenic *adjective* 1. coming from the nervous system 2. relating to the growth of nerve tissue

Neurohormone *noun* a hormone produced in some nerve cells and secreted from the nerve endings

Neuroleptic *noun* an anti-psychotic drug that calms a person and stops him or her from worrying, e.g. chlorpromazine hydrochloride

Neurological *adjective* relating to neurology

Neurology *noun* the scientific study of the nervous system and its diseases

Neuromuscular *adjective* referring to both nerves and muscles

Neuromuscular junction *noun* the point where a motor neuron joins muscle fibre. Also called myoneural junction

Neuron, neurone *noun* a cell in the nervous system that transmits nerve impulses

Neuropathy *noun* any disease involving destruction of the tissues of the nervous system (NOTE: The plural is *neuropathies*.)

Neuropeptide Y *noun* a neurotransmitter that has a role in controlling feeding behaviour and appetite

Neurophysiology *noun* the study of the physiology of nerves

Neuroscience *noun* the scientific study of the molecular and cellular levels of the nervous system, of systems within the brain such as vision and hearing, and of behaviour produced by the brain. Also called neurobiology
neurosecretion noun 1. a substance secreted by a nerve cell 2. the process of secretion of an active substance by nerve cells

neurotoxic adjective harmful or poisonous to nerve cells

neurotoxicity noun the extent to which a substance damages, destroys or impairs the functioning of nerve tissue

neurotoxin noun a substance that damages, destroys or impairs the functioning of nerve tissue

neurotransmission noun communication of electrical impulses between nerve cells or between a nerve cell and a muscle

neurotransmitter noun a chemical substance that transmits nerve impulses from one neuron to another

neurotripsy noun surgical bruising or crushing of a nerve

neurotrophic adjective relating to the nutrition and maintenance of tissue of the nervous system

neurovascular adjective in or involving the nerves and blood vessels

neutral spine noun a position for the spine in which no joint is flexed and force is distributed equally

neutral zone noun (in sport) the space between the areas of two competing teams, especially the area between the linemen of American football teams or the middle area of an ice hockey rink between the two blue lines

niacin noun a vitamin of the vitamin B complex found in milk, meat, liver, kidney, yeast, beans, peas and bread, lack of which can cause mental disorders and pellagra. Also called nicotinic acid

nicotinamide adenine dinucleotide noun full form of NAD

ninjitsu noun a Japanese martial art that emphasises stealth in movement and camouflage

nitrate noun a chemical compound containing the nitrate ion, e.g. sodium nitrate

nitric oxide noun a sports supplement that promotes vasodilation, causing an increased blood flow to the muscles. Abbreviation NO

nitrogen-free extract noun the portion of a foodstuff when analysed that comprises only sugars and starches. Abbreviation NFE

nitrogen narcosis noun light-headedness, confusion or exhilaration caused by increased nitrogen in the blood. This occurs in deep-sea divers exposed to pressures several times that of the atmosphere.

nitrox noun a mixture of nitrogen and oxygen used for recreational diving

NO abbreviation nitric oxide

no ball noun in cricket, a ball that has been bowled in a way not permitted by the rules of the game

nociceptor noun a sensory nerve that carries pain to the brain

nollie noun (in skateboarding) a leap into the air on the board performed by pushing down on the front end of the board

non-aerobic exercise noun exercise in which there is little or no increase of respiration and heart rate, e.g. stretching

non-competitive adjective used for describing a sport or activity that does not involve any element of competition

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non-dietary polysaccharides noun same as dietary fibre
non-displaced fracture noun a fractured bone in which the pieces of bone remain in alignment with each other
non-energy-dependent adjective used for describing a sport that involves skill more than movement and so does not require a large amount of energy metabolism, e.g. golf
non-essential adjective manufactured by the body and therefore not essential in the diet
non-essential amino acids plural noun amino acids that can be synthesised in the body and so do not need to be obtained in the diet. › essential amino acids
non-fat adjective without fat solids, or with the fat content removed
non-fattening adjective not likely to cause a gain in weight
non-haem iron noun dietary iron found in plants. Compare haem iron
non-nutrient adjective used for describing a foodstuff that contains no nutrients
non-prescription drug noun a drug that can be bought without a doctor’s prescription
non-sporting adjective not relating to, used in sports activities
non-steroid anti-inflammatory drug noun an anti-inflammatory drug that does not contain a steroid substance. Abbreviation NSAID
non-team adjective used for describing an athlete who does not take part in team sports
non-therapeutic adjective not used in the treatment of diseases or disorders or for maintaining health
non-title adjective used for describing a match or competition in which a sports title or championship is not at stake
non-zero-sum competition noun a competition in which the losing players still may achieve something, e.g. a position on a league table
noradrenaline noun a hormone secreted by the medulla of the adrenal glands that acts as a vasoconstrictor and is used for maintaining blood pressure in shock, haemorrhage or hypotension
noradrenergic adjective releasing or involving noradrenaline in the transmission of nerve impulses
norandrostenedione noun a sports supplement that converts to nandrolone in the body
Nordic adjective used for describing any skiing activity or event in which the boots are fitted to the skis at the toe only
Nordic Walking noun a form of health walking in which the upper body is worked out, using poles for balance
norethisterone noun a drug used for treating amenorrhoea and menstrual disorders suffered by female athletes
norming noun the third stage of team development according to the Tuckman model, in which the members of the team agree on basic principles and each brings his or her behaviour into line with that of the others

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nosebleed noun an incident of bleeding from the nose, usually caused by a blow or by sneezing, by blowing the nose hard or by high blood pressure (informal) Also called epistaxis
nourish verb to give food or nutrients to a person
nourishing adjective providing the substances that people need to allow them to grow and be healthy
nourishment noun food or the valuable substances in food that help people to grow and be healthy
NSAID abbreviation non-steroid anti-inflammatory drug
numb adjective used for describing a part of the body that has no feeling
nutraceutical food noun same as functional food
nutrient noun a substance in food that is necessary to provide energy or to help the body grow, e.g. a protein, a fat or a vitamin
nutrient-dense adjective used for describing food that is rich in vitamins and minerals and comparatively low in calories
nutrification noun the enriching of foods with added nutrients so as to make a significant difference to the diet
nutrigenomics noun the study of the way in which genetic and environmental influences act together on a human or an animal, and how this information can be used to boost productivity and health
nutrition noun 1. the way in which food affects health 2. the study of food
nutritional disorder noun any disorder or disease caused by poor nutrition
nutritional guidelines plural noun public advice about healthy eating given by an authority
nutritional information noun additional information about the nutritional value of a food product, often used on food labelling in the UK
nutritional programme noun a dietary plan that is designed to achieve a particular aim, e.g. muscle building, weight loss or recovery from illness
nutritional status noun the balance of nutritional needs against intake and absorption
nutritional supplement noun, supplement
nutritional therapist noun a person who works with patients to devise a dietary plan for optimum health or to identify any intolerances
nutritional therapy noun the alleviation of symptoms by dietary changes, sometimes using vitamin and mineral pills
nutritional value noun the nutrient content of a food
nutrition claim noun wording or a logo on food packaging that makes a claim about the nutritional content of the food inside
nutrition consultant noun a professional who offers advice on a suitable diet to support a particular lifestyle
nutrition insecurity noun the state of having a restricted or deficient diet that makes it difficult to get all essential nutrients
nutritionist noun a person who specialises in the study of nutrition and advises on diets
nutrition security *noun* the state of having a varied diet that will provide all essential nutrients

*nutritious* *adjective* providing a fairly high level of nourishment

*nutritive* *adjective* relating to nourishment

*nutritive value* *noun* the degree to which a food is valuable in promoting health
O

**O** *noun* a human blood type of the ABO system containing the O antigen. Someone with this type of blood can donate to all other types in the group but can receive only type O blood.

**obdurator nerve** *noun* a large nerve in the pelvis that may be touched on by inflammation in the region

**obese** *adjective* so overweight as to be at risk of several serious illnesses, including diabetes and heart disease

**obesity** *noun* the condition of being seriously overweight

**obesity rates** *plural noun* the proportion of a country’s population who are more than 20% overweight

**obesogenic** *adjective* promoting or causing obesity

**object ball** *noun* in billiards, pool or snooker, the ball that a player intends to hit with the cue ball

**OBLA** *abbreviation* onset of blood lactate accumulation

**obliques** *plural noun* two pairs of muscles in the abdomen that run diagonally from the ribs to the pelvis

**observational learning** *noun* skills learning that emphasises immersion in the situation so as to learn by seeing others perform

**obstruction** *noun* 1. something that blocks a passage or a blood vessel 2. the blocking of a passage or blood vessel

**occupational activity levels** *plural noun* the extent to which a person is active in their job, affecting their dietary energy requirements

**octopush** *noun* a sport rather like hockey that is played underwater with fins and a mask

**oculomotor nerve** *noun* the third cranial nerve which controls the eyeballs and eyelids

**odds** *plural noun* 1. a ratio of probability given to people placing a bet, usually the likelihood of something happening, or of a competitor, team or animal winning 2. an advantage or handicap given to a person, animal or team in a sporting contest, to equalise competitors’ chances of winning 3. a perceived advantage or disadvantage, especially one that one person is believed to have over another in a competition

**odometer** *noun* US same as mileometer

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oedema noun the swelling of part of the body caused by accumulation of fluid in the intercellular tissue spaces

oestrogen noun any steroid hormone that stimulates the development of secondary sexual characteristics in females at puberty

oestrogen inhibitor noun a substance or drug that reduces or blocks the action of oestrogen, used as a sports supplement and in the treatment of breast cancer

oestrogen replacement noun treatment recommended in the case of female athlete triad, which regulates the monthly cycle and slows bone loss

off noun the side of the cricket field facing the batsman taking strike

off-break noun in cricket, a ball with a bounce that spins from the off side to the leg side

offence noun the players in a team whose role is to attack, especially in American-based sports

offensive adjective used, or designed to be used, when attacking

officiate verb to act as a referee at a sports event

off-piste adjective relating to or taking place on fresh trackless snow that is away from the regular skiing runs

off season noun a period after the end of one annual sports season and before the beginning of the next

off-side adjective illegally beyond or in advance of a ball or puck during play

off-side trap noun (in football) a tactic in which defenders coordinate their collective movement upfield in order to catch attacking players offside

000 noun 1. (in golf) a small wooden or plastic peg with one pointed and one cupped end, inserted in the ground to hold a ball 2. an area on a golf course where play for a new hole begins 3. a plastic device that supports a football or rugby ball on the ground in a position for kicking 4. a mark aimed at in curling, quoits and some other games

olecranon noun the upper end of the ulna bone that extends beyond the joint of the elbow to form the elbow’s hard projecting point

olecranon bursitis noun bursitis at the elbow joint

olfactory nerve noun the first cranial nerve which controls the sense of smell

oligohydria noun inefficient bodily production of sweat

oligoallergenic diet noun a restricted diet used for diagnosing the effects that particular foods have on a person

oligodipsia noun a reduced sense of thirst

oligotrophic adjective used for describing foods that do not contain sufficient nutrients

ollie noun (in skateboarding) a leap into the air on the board performed by pushing down on the rear end of the board

Olympic Games, Olympics plural noun a large-scale international sports contest intended to promote international goodwill, held every four years since 1896 in different cities around the world

Olympic Movement noun all the international sporting federations who abide by the rules of the Olympic Charter
omega-3 fatty acid noun a polyunsaturated fatty acid found in fish oils, seeds and whole grains, used in the prevention of such conditions as high cholesterol, heart disease and arthritis

omega-6 fatty acid noun a polyunsaturated fatty acid, deficiency of which can cause skin problems and hormonal imbalances

one rep max noun full form of 1RM
1RM noun the maximum weight that a person can lift for a single rep of any given exercise. Full form one rep max

onion skin noun very dehydrated skin showing muscle definition

onset of blood lactate accumulation noun the stage in exercising where there is no longer enough oxygen being supplied to the muscle, leading to a build-up of lactic acid causing pain and tiredness. Abbreviation OBLA

on-side adjective (in sports such as soccer and hockey) in a position that is allowed within the rules of the game

open fracture noun same as compound fracture

open skill noun a skill that the athlete must adapt to the rapidly-changing circumstances in which it is performed, as in team ball games. Compare closed skill

ophthalmologist noun a doctor qualified to diagnose and treat eye injuries and diseases

opiate noun a sedative which is prepared from opium, e.g. morphine or codeine

opponent noun 1. someone who plays, fights or competes against you in a contest 2. any muscle that counteracts the motion of another

opponent sports plural noun same as martial arts

oppose verb to be in competition with another player or team

opposition noun 1. the person or team that you or another player or team have to play against 2. a movement of the hand muscles in which the tip of the thumb is made to touch the tip of another finger so as to hold something

opsonin noun a protein that promotes the destruction of antigens by white blood cells

optimal adjective most desirable or favourable

ORAC abbreviation oxygen radical absorbance capacity

oral rehydration salts plural noun same as rehydration salts

orexigenic adjective stimulating the appetite

oreximania noun an unusually large appetite

organic food noun food grown or reared without synthetic or chemically produced fertilisers, pesticides and herbicides on land that itself has been organic for two years

organotrophic adjective nourishing bodily organs

orienteering noun a sport that combines map-reading and cross-country running. Competitors make their way through unfamiliar terrain using a compass and a topographical map.

ornithine noun an amino acid produced by the liver that forms part of urea and is therefore involved in the disposal of excess nitrogen

ornithine alpha-ketoglutarate noun a compound of ornithine and glutamine used as a sports supplement to build muscle. Abbreviation OKG
oopharyngeal airway noun a tube inserted into an unconscious patient’s airway to maintain airway patency

oropharynx noun a part of the pharynx below the soft palate at the back of the mouth (NOTE: The plural is oropharynxes or oropharynges.)

orotic acid noun a chemical produced by the body when there is a block in the flow of urea, used as a sports supplement

orthopaedic adjective 1. used for describing treatment that corrects badly formed bones or joints 2. referring to or used in orthopaedics

orthopaedics noun the branch of medicine concerned with the nature and correction of disorders of the bones, joints, ligaments or muscles

orthopaedic surgeon noun a doctor who specialises in the surgical correction of disorders of the bones, joints, ligaments and muscles

orthorexia noun an obsession with eating only the right things, which may lead to extreme weight loss as so many foods are rejected

orthoses plural noun same as orthotics

orthotics noun the branch of medical engineering concerned with the design and fitting of devices such as braces in the treatment of orthopaedic disorders

Osgood-Schlatter disease noun a condition in which the shinbone develops a painful bump below the knee, caused by excessive sporting activity putting strain on the area during the teenage growth spurt

osmolality noun the concentration of particles in a fluid such as blood serum

osmosis noun the movement of a solvent from one part of the body through a semi-permeable membrane to another part where there is a higher concentration of molecules

osmotic pressure noun the pressure that must be applied to a solution to stop osmosis

osseous adjective relating to or resembling bone

ossification noun the formation of bone. Also called osteogenesis

ossify verb to change soft tissue such as cartilage into bone as a result of impregnation with calcium salts, or be changed in this way

osteitis noun inflammation of a bone owing to injury or infection

osteitis pubis noun painful inflammation in the pelvis where the pubic bones meet, caused by repetitive activity such as running or jumping

osteoarthritis noun painful inflammation in the pelvis where the pubic bones meet, caused by repetitive activity such as running or jumping

osteochondrosis noun a degenerative disease of middle-aged and elderly people characterised by inflamed joints which become stiff and painful

osteoclasis noun the process of disintegration and assimilation of bony tissue that occurs during normal growth of bone or as part of healing at a fracture site

osteoclast noun 1. a cell which destroys bone 2. a surgical instrument for breaking bones

osteogenesis noun same as ossification

osteology noun the study of bones and their structure

osteomalacia noun a softening and bending of the bones resulting from an inability to absorb calcium caused by a vitamin D deficiency
osteomyelitis noun inflammation of the interior of bone, especially the marrow spaces

osteomyositis ossificans noun a hard lump in a muscle caused by the calcification of blood from a haematoma

osteon noun same as Haversian system

osteopath noun a doctor who practises osteopathy

osteopathy noun 1. the treatment of disorders by massage and manipulation of joints 2. any disease of bone (NOTE: The plural is osteopathies.)

osteopenia noun same as bone loss

osteoplastic adjective relating to or typical of bone surgery or bone development

osteoplasty noun plastic surgery on bones

osteoporosis noun a condition in which the bones become thin, porous and brittle owing to low levels of oestrogen, lack of calcium and lack of physical exercise. Also called brittle bone disease

osteotomy noun a surgical operation to cut a bone, especially to relieve pain in a joint (NOTE: The plural is osteotomies.)

ostosis suffix referring to the formation of bone

otitis externa noun a condition often suffered by swimmers in which the ear canal becomes infected from exposure to dirty water

out adjective 1. unable to take part any longer in a game or sport 2. (in baseball) retired from attacking play ■ noun in baseball, a play that retires a batter or base runner

outfield noun the outer areas of slightly longer grass on a cricket pitch, away from the shorter grass of the square and the wicket

out of shape adjective unhealthy or unused to exercise

outside adjective (in football, hockey and other sports) used for describing a position further from the centre of the field than another position of the same name

over noun (in cricket) a series of six correctly bowled balls, or the play that takes place during this

over-achieve verb to be excessively or unhealthily dedicated to achieving success

overarm adjective 1. beginning a stroke in swimming with the arm raised above the shoulder and rotating forward 2. thrown or done with the arm raised above the shoulder and rotating forward

overdevelop verb to develop something, e.g. muscles, to excess

overeat verb to eat too much food, especially habitually

overhit verb to hit a ball too hard, or put too much force into a stroke

overhydration noun a condition in which the body contains more water than it needs, leading to excessive excretion of sodium in the urine

overload verb to give a part of the body too much weight to bear

overload principle noun the training principle of taking on slightly more than you are comfortably capable of, in order to force your body to improve and adapt

overnutrition noun the act of taking in too much of a particular nutrient, causing a condition such as obesity or hypervitaminosis

overpitch verb to bowl a ball in cricket so that it lands too close to the batsman, making a shot easy
overplay verb 1. to exaggerate the importance or strength of something 2. to hit or kick a ball too hard or too far
overpronate verb to roll the foot inwards excessively while running. Compare supinate
overpronation noun excessive inward rolling of the foot while running. Compare supination
overreaching noun the fact of overburdening the body which too much training, which can lead to unexplained underperformance syndrome
overshoot verb to shoot a projectile beyond the target that was being aimed at
overstrain verb to try to force someone, yourself or your body to perform beyond capacity, especially with the result that damage, injury or breakdown occurs
overstretch verb to stretch something such as a muscle too much, so as to cause injury or damage
overthinking noun (in performance theory) the state of being too conscious about the elements of a particular skill, with the result that performance is impaired
overthrow verb to throw a ball too far so that it goes beyond the player or target it was intended to reach
overtrain verb to train or exercise, or make somebody train or exercise, excessively, especially before a competition, with a resulting decrease in effectiveness
overtraining syndrome noun same as unexplained underperformance syndrome
overuse noun the excessive use of something
overuse injury noun an injury caused by repeated stress on a particular part of the body
overweight adjective having a body weight greater than that considered ideal or healthy
own goal noun (in a sport such as football or hockey) a goal scored by mistake for the opposing team, usually as a result of a miskick, mishit or deflection off another player. Abbreviation o.g.
oxidase noun an enzyme that encourages oxidation by removing hydrogen
oxidative capacity noun the amount of oxygen that a muscle is capable of using during an aerobic workout
oxidative stress noun damage to cells caused by free radicals produced in aerobic metabolism
oxycalorimeter noun an instrument that measures the amount of oxygen consumed and carbon dioxide produced when a food is burned
oxygen noun a common colourless gas that is present in the air and essential to human life (NOTE: The chemical symbol is O.)
oxigenate verb to combine blood with oxygen
oxygen consumption noun the body’s ability to take in oxygen through the respiratory system and use it for the aerobic breakdown of glucose
oxygen debt noun the amount of oxygen needed to replenish the body’s oxygen stores after they become depleted by exercise such as running
oxygen-depleted adjective lacking oxygen because of excessive use
oxygen toxicity noun a way of measuring the antioxidant properties of different foodstuffs. Abbreviation ORAC

doxygen toxicity noun damage caused to body tissues by an excessive intake of oxygen at a high pressure, as may occur when scuba diving

oxymetazoline noun a vasoconstrictive nasal spray that can cause tissue damage and addiction if overused

oxypathy noun a disorder in which the body cannot expel unoxidisable acids, which damage tissues

oxone noun a harmful gas formed by the reaction of industrial pollutants with sunlight, especially in large cites, that can damage bodily tissues and reduce a person’s VO2Max over time
pace noun the speed at which someone or something moves, especially when walking or running

pacemaker noun 1. (in long-distance running) a clearly marked athlete who runs at a set pace to help other runners set their pace 2. a battery-operated electrical device inserted into the body to deliver small regular shocks that stimulate the heart to beat in a normal rhythm

pacer noun same as pacemaker 1

pack noun 1. the main body of competitors in a race or competition 2. the forwards playing for a rugby team, or the forwards from both teams in a match, especially when involved in a scrum or maul

pad noun a cushioned target used in boxing and martial arts

paddock noun an area near the pits on a motor-racing track where cars are worked on before a race

Paget’s disease noun a disease that gradually softens and thickens the bones in the spine, skull and legs, with the result that they become curved

pain noun the feeling of severe discomfort that a person has when hurt (NOTE: Pain can be used in the plural to show that it recurs. She has pains in her left leg.)

pain barrier noun the point at which pain reaches its peak and begins to diminish, especially as experienced by an athlete

Pan Arab Games plural noun a multi-sport event, held every four years, that is open to participants from all Arabic-speaking countries

pancreas noun a gland on the back of the body between the kidneys that produces digestive enzymes and important hormones, including insulin

pangamic acid noun a supplement that is claimed to be an antioxidant and to ease tiredness, sometimes called vitamin B15

Panner’s disease noun osteochondrosis of the capitellum, usually seen in children and teenagers who participate in a lot of sports

pantothenic acid noun a vitamin of the vitamin B complex, found in liver, yeast and eggs

par noun the standard score assigned to each hole on a golf course, or to the sum total of these holes

para-amino benzoic acid noun part of the folic acid molecule, without which folic acid cannot be synthesised. Abbreviation PABA

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paraben noun a chemical that mimics the hormone oestrogen (NOTE: Evidence suggests that parabens can play a role in the development of breast tumours.)

paraesthesia noun an unusual or unexplained tingling, pricking or burning sensation on the skin

paragliding noun a sport in which someone jumps from an aircraft or a high place wearing a rectangular parachute that allows control of direction in the descent to the ground

parallel bars plural noun 1. a piece of gymnastic equipment consisting of two horizontal bars parallel to each other and supported on vertical posts 2. an event in a gymnastics competition that uses the parallel bars

Paralympian noun an athlete who competes in the Paralympics

Paralympic Games, Paralympics plural noun an international sports competition for athletes with disabilities, held every four years in the same year as the Olympic Games

paralyse verb to make a part of the body unable to carry out voluntary movements by weakening or damaging muscles or nerves so that they cannot function, or by using a drug (NOTE: The US spelling is paralyze.)

paralysis noun a condition in which part of the body cannot be moved because the motor nerves have been damaged or the muscles have been weakened

parapente noun a modified parachute used for paraskiing and paragliding, with a framework of inflatable tubes that give it a semirigid structure, allowing it to be steered like a hang-glider

parapenting noun same as paragliding

paraplegia adjective total inability to move both legs and usually the lower part of the trunk, often as a result of disease or injury of the spine

paraplegic noun someone who has paraplegia ■ adjective paralysed in the lower part of the body and legs

parasailing noun a sport in which somebody wearing a parachute rises high into the air from a platform at the back of a moving motorboat or from the water behind the boat and is towed along

parasailing noun a sport in which somebody wearing an open parachute is towed along by a speedboat or land vehicle, rises into the air, and descends independently using the parachute

paraskiing noun the sport of skiing off high mountains and descending through the air using a parapente made of inflatable tubes of fabric

parasailing noun the sport of skiing off high mountains and descending through the air using a light steerable parachute (parapente) made of inflatable tubes of fabric

parasympathetic adjective relating to the parasympathetic nervous system

parasympathetic nervous system noun one of two parts of the autonomic nervous system. Its messages reach the organs of the body through the cranial and sacral nerves to the eyes, the gastrointestinal system and other organs. ◆ sympathetic nervous system

parathyroid hormone noun one of four small glands which are situated in or near the wall of the thyroid gland and secrete a hormone which controls the way in which calcium and phosphorus are deposited in bones

parenteral nutrition noun administration of nutrients directly into the veins, either as a supplement or as a complete source of nutrition for a patient
paresis noun muscular weakness or partial inability to move caused by disease of the nervous system

Parkinsonism noun a nervous disorder marked by symptoms of trembling limbs and muscular rigidity

participate verb to take part in an event or activity

participation noun the act of taking part in an activity

partner drill noun a series of warm-up exercises performed with a partner’s help

pass verb to throw, kick or hit a ball or other object to another player during a game. noun an act of throwing, kicking or hitting a ball or other object to another player in a sport

pass back verb (in games such as football and hockey) to pass the ball to a member of your own team who is closer to your own goal than you are

passenger noun someone in a team who does not do his or her fair share of the work

passing shot noun in racket games such as tennis, a winning shot that passes beyond the reach of an opponent at the net

passive stretch noun a muscle stretch that is performed with the aid of equipment or a partner to hold the limb in place. Compare active stretch

patella noun the small bone in front of the knee joint. Also called kneecap

patellar reflex noun the jerk made as a reflex action by the knee, when the legs are crossed and the patellar tendon is tapped sharply

patellar subluxation noun dislocation of the kneecap, caused by overdevelopment of the inner or outer thigh muscles

patellar tendinitis, patellar tendinopathy noun inflammation of the tendon that connects the kneecap to the shin bone, caused by repeated jumping as in some sporting activities

patellar tendon noun a tendon just below the kneecap

pathological fracture noun a fractured bone that has been weakened by previous damage or disease, with the result that it breaks easily

pathology noun the scientific study of the nature, origin, progress and cause of disease

patterning noun a type of physical therapy in which the patient performs exercises designed to strengthen specific muscles and nerves

PBM abbreviation peak bone mass

PCSA abbreviation physiological cross-sectional area

PE abbreviation physical education

peak noun the highest point, e.g. of achievement or fitness

peak bone mass noun the amount of bone tissue present in the body at full matura-
tion of the skeleton. Abbreviation PBM

peak fitness noun the maximum fitness level for an athlete, the product of a stringent and injury-free period of training

peak-flow meter noun a device that measures lung capacity

pear shaped adjective used for describing a person with a body shape in which most of the subcutaneous fat deposits are carried around the hips and bottom

pecs plural noun same as pectorals
pectoral girdle noun the shoulder bones, the scapulae and clavicles, to which the upper arm bones are attached. Also called shoulder girdle
pectoralis major noun a large chest muscle that pulls the arm forward or rotates it
pectoralis minor noun a small chest muscle that allows the shoulder to be depressed
pectoralis, pectoral muscles plural noun the muscles of the chest
pedometer noun an instrument that measures the distance covered by a walker by recording the number of steps taken
pellagra noun a disease caused by a deficiency of nicotinic acid, riboflavin and pyridoxine from the vitamin B complex, where patches of skin become inflamed and the person has anorexia, nausea and diarrhoea
pelota, pelota basque noun a sport, similar to squash, in which ball is hit against a wall with the racket, wooden bat or the hand, or launched against it using a basket-like device strapped to the wrist
pelvic floor noun the lower part of the space beneath the pelvic girdle, formed of muscle
pelvic girdle noun the ring formed by the two hip bones to which the thigh bones are attached. Also called hip girdle
pelvis noun 1. the strong basin-shaped ring of bone near the bottom of the spine, formed of the hip bones at the front and sides and the sacrum and coccyx at the back 2. the internal space inside this
penalise verb to punish a team or player for breaking a rule by giving an advantage to the opposing team or player
penalty noun 1. a disadvantage imposed on a player or team for breaking a rule in a sport or game, e.g. a free shot at the goal awarded to the opposing side. Also called penalty shot 2. (in football and some other sports) a goal scored from a penalty kick
penalty area noun a rectangular area in front of a football goal within which the goalkeeper is allowed to handle the ball
penalty kick, penalty noun 1. (in football) a free kick from the penalty spot at the opposing team’s goal, defended only by its goalkeeper, awarded for some types of foul within the penalty area 2. (in rugby) a kick worth three points that can be aimed at the goal after a serious foul by a member of the opposing side
pendulum stretch noun a stretch in which the body is bent forward with the arms falling loosely in front, holding a weighted ball, and the arms swung in a rotating movement allowing momentum to stretch the muscles
penicillin noun any of a group of antibiotics used in the treatment of bacterial infection
pennant noun US 1. in some sports, especially baseball, a flag that symbolises a championship 2. a championship that is symbolised by a pennant
pentathlete noun an athlete who takes part in a pentathlon
pentathlon noun 1. same as modern pentathlon 2. an athletics competition in which the contestants compete in five different events, usually sprint, hurdles, long jump, discus and javelin. triathlon, heptathlon, decathlon
pep talk noun a short speech designed to give advice and generate enthusiasm, e.g. in a sports team (informal)
peptide noun a compound formed of two or more amino acids
peptide hormone noun a supplement sometimes misused by athletes to increase size, strength and muscle growth
perceived exertion scale noun a sliding scale on which the intensity of exercise is rated, according to the exerciser’s subjective judgement

perception noun the process of using the senses to acquire information about the surrounding environment or situation

perfectionism noun rigorous rejection of any performance or level of competence that is less than perfect

perfectionist noun someone who demands or seeks to achieve nothing less than perfection

perfluorocarbon noun a substance that enhances oxygen transfer in the circulatory system, used in the manufacture of blood substitutes

perforated eardrum noun a hole or tear in the membrane of the inner ear, which can be caused by a heavy blow or by pressure inequalities as when diving

performance noun the level at which a player or athlete is carrying out their activity, either in relation to others or in relation to personal goals or standards

performance accomplishment noun something that an athlete has previously achieved, e.g. a victory or personal record, which gives him or her feelings of confidence about a forthcoming competition

performance assessment noun a biomechanical analysis of an athlete’s performance by a professional

performance decline adjective a measurable worsening of performance in sport caused by fatigue, stress or overthinking

performance diminution noun same as performance decline

performance enhancer noun a dietary supplement used by athletes to enhance bursts of high performance

performance last noun a last that is curved slightly inwards, suitable for runners with high arches. Compare straight last, standard last

performance theory noun the study of what motivates people to perform actions, both in the short and long term

performing noun the final stage of team development according to the Tuckman model, in which the team is a tight unit, able to perform its duties without conflict

perfuse verb to introduce a liquid into tissue or an organ, especially by circulating it through blood vessels

perfusion noun the process in which a liquid passes through vessels, an organ or tissue, e.g. the flow of blood into lung tissue

pericardium noun a membrane which surrounds and supports the heart

perichondrial haematoma noun deformation of the outer ear as a result of repeated traumas that cause the formation of blood clots in the connective tissue

perichondrium noun the fibrous membrane that covers the surface of cartilage except at joints

perimysium noun a sheath which surrounds a bundle of muscle fibres

periodisation noun the act of planning a long-term training schedule for professional athletes, working around competitions

periorbital contusion noun same as black eye

periosteum noun a dense layer of connective tissue around a bone

periostitis noun same as shin splints

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peripheral heart action 160

peripheral heart action noun a style of training, suitable for deconditioned exer-
cisers, in which separate groups of muscles are worked in turn to stimulate the circula-
tion. Abbreviation PHA

peripheral nerves plural noun the parts of motor and sensory nerves which branch
from the brain and spinal cord

peripheral nervous system noun all the nerves in different parts of the body that
are linked and governed by the central nervous system. Abbreviation PNS

peripheral vascular disease noun a disease affecting the blood vessels which
supply the arms and legs

peristalsis noun the movement, like waves, produced by alternate contraction and
relaxation of muscles along an organ such as the intestine or oesophagus, which pushes
the contents of the organ along it. Compare antiperistalsis

peritendinitis noun same as tenosynovitis

pernicious anaemia noun anaemia caused by a deficiency of vitamin B12

peroneal muscles plural noun two muscles that run along the outside of the lower
leg and support the ankle

peroxisome noun a tiny part within a cell containing enzymes that oxidise toxic
substances such as alcohol and prevent them from doing any harm

persistence noun the existence of a medical condition for a considerable time

persistent adjective used for describing a medical condition that has continued for
some considerable time

personal best noun the best time or score that an individual has achieved in an
activity

personal fitness plan noun same as fitness program

personalised nutrition noun an approach to nutrition that meets the needs of the
individual, taking into account considerations such as state of health, lifestyle, age and
gender

personal trainer noun a professional who helps others to devise a training regime
and stick to it

perspiration noun sweat or the action of sweating

perspire verb to produce moisture through the sweat glands

pes anserine bursitis noun , anserine bursitis

pes anserinus noun a point in the knee at which several tendons meet

pethidine noun an analgesic that is a banned substance for athletes, although it is
widely used in childbirth

petrisage noun a stage of sports massage in which kneading movements are used with
the palms and fingertips

PHA abbreviation peripheral heart action

phagotherapy noun the treatment of illness by changes in diet

phagotrophy noun the act of obtaining nourishment by ingesting food

phalanx noun a bone in a finger or toe

pharmaceutical adjective involved in or related to the manufacture, preparation,
dispensing or sale of drugs used in medicine
pharmacokinetics noun the study of how the body reacts to drugs over a period of time, including their absorption, metabolism and elimination

pharmacological adjective relating to pharmacology

pharmacology noun the science or study of drugs, especially of the ways in which they react biologically at receptor sites in the body

pharmafood noun same as functional food

pharynx noun a muscular passage leading from the back of the mouth to the oesophagus (NOTE: The plural is pharynges or pharynxes.)

phaseolamin noun a substance that inhibits alpha amylase, allowing less sugar to be absorbed by the digestive tract, sold as a diet aid

phenolic acid noun a plant metabolite with antioxidant properties

phenylalanine noun an essential amino acid found in many proteins and converted to a non-essential amino acid by the body

phenylephrine noun a substance used as a decongestant and for increasing blood pressure in cases of hypotension

phenylpropanolamine noun a vasoconstrictive drug taken orally, used as a decongestant and appetite suppressant

phlegm noun same as sputum

phosphate noun a salt of phosphoric acid, stored in muscles as a source of quick energy

phosphaturia noun cloudy urine caused by a high concentration of phosphate salts, indicating possible formation of kidney stones

phosphocreatine noun a phosphate of creatine found in muscles, providing energy for muscle contraction

phosphoglucomutase noun an enzyme that catalyses the breakdown and synthesis of glycogen, providing energy that can be used or stored

phosphoglyceraldehyde noun an intermediate product in carbohydrate metabolism

phosphoprotein noun a protein that contains an enzymatically bound phosphate group

phosphorylase noun an enzyme that aids the process of carbohydrate metabolism

photo finish noun the end of a race in which two or more contestants are so close that the result must be determined from a photograph taken as they cross the finish line

photophobia noun aversion to light, sometimes an indication of concussion in head injuries

phrenic nerve noun a pair of nerves which controls the muscles in the diaphragm

physseal plate noun a growth plate on a bone, prone to injury in young athletes

physical adjective relating to the body, as opposed to the mind

physical activity noun exercise and general movement that a person carries out as part of their day

physical activity level noun the amount of physical activity that a person undertakes each day, which is used in calculating their daily calorie requirements. Abbreviation PAL

physical challenge, physical disability noun a medically diagnosed condition that makes it difficult to engage in the activities of daily life
physical conditioning 162

physical conditioning noun same as conditioning

physical education noun gymnastics, athletics, team sports and other forms of physical exercise taught to children at school. Abbreviation PE

physical examination noun an examination of someone’s body to see if he or she is healthy

physical jerks plural noun physical exercises of the kind done regularly to keep fit, e.g. press-ups (dated informal)

physically challenged adjective used for describing someone with a condition that makes it difficult to perform some or all of the basic tasks of daily life

physical medicine noun the branch of medicine concerned with the diagnosis of injuries or physical disabilities and their treatment by external means, including heat, massage or exercise, rather than by medication or surgery

physical therapist noun a healthcare provider who specialises in physical therapy

physical therapy noun the treatment of disorders by heat, by massage, by exercise and other physical means

physical training noun same as physical education

physiological adjective relating to physiology

physiological cross-sectional area noun the average cross-sectional area of an individual muscle, measured by dividing its volume by its length. Abbreviation PCSA

physiological psychology noun a branch of psychology that studies the interactions between physical or chemical processes in the body and mental states or behaviour

physiologist noun a scientist who specialises in the study of the functions of living organisms

physiology noun the regular functions of the body, or the subject of study that deals with them

physiotherapist noun a trained specialist who gives physiotherapy

physiotherapy noun the treatment of a disorder or condition by exercise, massage, heat treatment, infrared lamps or other external means, e.g. to restore strength or function after a disease or injury

pibic symphysitis noun osteitis pubis

pigment noun a substance that gives colour to parts of the body such as blood, the skin and hair

pike noun a diving or gymnastic position in which the body is bent at the hips with the head tucked under and the hands touching the toes or behind the knees

Pilates noun a holistic form of exercise and postural therapy that emphasises the development of the deep abdominal muscles to control body movement and protect the back

pinched nerve noun a condition in which a nerve becomes trapped under a joint that maintains a steady pressure on it, causing a painful tingling sensation and possibly a temporary loss of mobility

Ping-Pong a trade name for table tennis

pington noun a sport like badminton that is played with wooden paddles instead of stringed rackets

piriformis muscle noun a muscle in the buttock that allows the thigh to rotate outwards

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piriformis syndrome noun inflammation of the sciatic nerve caused by friction against the piriformis muscle

piste noun a downhill track or area of densely packed snow that provides good skiing conditions

pitch noun 1. a playing area for a team ball game 2. (in cricket) the area between the two sets of stumps 3. (in baseball) the act of throwing the ball to the batter 4. a particular way or manner of throwing something, especially a ball • verb to throw or hurl a ball, particularly as part of a game or sport

pitcher noun (in baseball) the player on the mound who throws the ball to the batter

pits plural noun the area off the side of a motor-racing track where vehicles can get fuel, fresh tyres and repairs

pit stop noun a stop in the pits to allow a racing car to be refuelled and serviced during a race

pituitary gland noun the main endocrine gland in the body that secretes hormones that stimulate other glands

placebo noun a tablet that appears to be a drug but has no medicinal substance in it, used in tests and trials

placebo effect noun the apparently beneficial effect of telling someone that he or she is having a treatment, even if this is not true, caused by the hope that the treatment will be effective

placement noun 1. a player’s skill in accurately playing the ball, puck or similar object 2. US (in American football) a place kick for a field goal or point after a touchdown, or the positioning of the ball for such a kick

plane noun a flat surface, especially that of the body seen from a specific angle

plank hold noun an exercise in which a person assumes a press-up position, resting the upper body on the forearms, and holds the position for as long as possible with the body perfectly straight

plantar adjective referring to the sole of the foot

plantar fasciitis noun pain in the arch of the foot suffered by runners, caused by stretching tendons that are not properly warmed up

plantar flexion noun the bending of the toes downwards

plasma noun 1. a yellow watery liquid which makes up the main part of blood 2. lymph with no corpuscles 3. cytoplasm

plasma expander noun a masking agent that temporarily lowers the red blood cell count in athletes who have artificially raised it with erythropoietin, allowing them to pass drug tests

plaster cast noun a rigid covering of plaster of Paris moulded round a broken limb to immobilise the fracture site during healing

plastic surgery noun the branch of surgery that is concerned with repairing especially external damage to the body, remedying impairments, or improving a person’s appearance

plate noun 1. a flat sheet of bone 2. a flat piece of metal attached to a fractured bone to hold the broken parts together 3. same as home plate

plateau noun a phase in athletic development where a person’s fitness level becomes stable and it is difficult to make further improvement (NOTE: The plural form is plateaux) • verb to reach a point in athletic development where it is difficult to make further improvements
platelet noun a small blood cell which releases thromboplastin and which multiplies rapidly after an injury, encouraging the coagulation of blood. Also called thrombocyte

plates plural noun the flat weights attached to the end of a dumbbell

play verb 1. to take part in an enjoyable activity, especially a game, simply for the sake of amusement 2. to take part in a game or a sporting activity 3. to compete against someone in a game or sporting event 4. to assign a player to a particular position on the field, or be assigned such a position 5. to hit or kick an object such as a ball, puck or shuttlecock in a particular direction 6. to make a shot or stroke in a sporting event a noun 1. the action during a game or series of games 2. US an action or move in a game

play-by-play adjective US 1. consisting of a description of each event as it happens, especially in a sports contest 2. same as commentary

player noun someone taking part in a sport or game

playing field noun an area of level ground used for organised sporting activities

playmaker noun in team games, a player who initiates moves that create scoring opportunities

pleura plural noun one of two membranes lining the chest cavity and covering each lung

pleural membrane noun same as pleura

plexus noun a network of nerves, blood vessels or lymphatics

plica noun a fold

plimsoll noun a light canvas shoe with a rubber sole

plyometrics noun a free body movement exercise system that uses no weights or machines and emphasises callisthenics and repeated movements such as jumping high off the ground

PMR abbreviation progressive muscular relaxation

PNF abbreviation proprioceptive neuromuscular facilitation

PNF stretching noun, proprioceptive neuromuscular facilitation

podiatry verb to play a shot that properly should be handled by a partner in badminton, tennis, squash or handball

point noun US the study of minor diseases and disorders of the feet

point noun 1. a sharp end 2. the dot used to show the division between whole numbers and parts of numbers (NOTE: 3.256: say ‘three point two five six’; his temperature was 38.7: say ‘thirty-eight point seven’.) 3. a mark or score 4. (in cricket) a fielding position on the off side, level with the batsman’s wicket and at a distance from it that varies between three or four yards (silly point) and about thirty yards (deep point), or the player in that position 5. (in basketball) the position in front court taken by the guard who directs the offensive

pointless adjective in which no points are scored

poise noun a graceful controlled way of standing, moving or performing an action

pole vault noun 1. an athletics event in which the competitors use a long flexible pole to swing themselves up and over a very high crossbar 2. a jump in the pole vault

polo noun 1. a game played by players on horseback, with players using long-handled mallets to drive a wooden ball into a goal 2. a game similar to polo, e.g. one in which the participants are mounted on bicycles rather than horses

polyavitaminosis noun an illness caused by a deficiency of more than one vitamin
post-concussive syndrome

dextrose noun a bulking agent used in reduced-calorie and low-calorie foods

dipsia noun an unusually intense thirst

neuritis noun inflammation of many nerves

neuropathy noun serious nerve damage caused by dietary deficiencies or alcoholism

peptide noun a type of protein formed of linked amino acids

ysynaptic adjective describes a reflex in the central nervous system that uses two or more synapses

unsaturated fat noun a type of fat with more than one double atom bond, typical of vegetable and fish oils. Compare saturated fat, unsaturated fat

uria noun excessive production of urine

ommel horse noun 1. a padded oblong piece of gymnastics apparatus that is raised off the floor and has two curved handles on the top 2. the men’s gymnastics event that involves balancing and manoeuvring on a pommel horse

OMS abbreviation Profile of Mood States

onderal index noun the cube root of a person’s body weight divided by height, a measure of how fat a person is

dercresive adjective used for describing foods that stimulate weight gain

oderperioditive adjective used for describing foods that stimulate weight loss

ool noun 1. an artificial area of water in which swimming events take place 2. a game played with a cue, a white ball and 15 balls on a felt-covered table with six pockets

opping crease noun the line at which a cricket batsman stands when facing the bowler. It runs parallel to the wicket and lies 1.2 m/4 ft in front of it.

porphyria noun a hereditary disease affecting the metabolism of porphyrin pigments

porphyrin noun a substance that develops into haem when acted upon by enzymes, necessary for the health of the blood and bone marrow

ortion noun a small quantity, especially enough food for one person

ortion control noun a method of controlling your daily food intake by serving small portions at mealtimes and not snacking between meals

ortion size noun the weight or number of each item in one serving

osition noun 1. the place where a player is standing or playing 2. the way in which a person’s body is arranged

itive energy balance noun a situation in which a person is consuming more energy on a day-to-day basis than he or she uses, leading to weight gain

itive thinking noun a way of thinking that is confident, optimistic and focusing only on good things that may happen

ession noun (in various sports) control of the ball or puck by a player or team

t noun 1. to score something, e.g. points, in a game or sport 2. in horseriding, to bob up and down in the saddle in time with a horse’s trot

t cav noun a large vein that returns blood from the lower half of the body to the heart

ost-concussive syndrome noun symptoms including dizziness, headache and confusion that may be experienced for some time after a mild head trauma

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posterior 166
posterior adjective used for describing a body part that is situated in the rear of the body
posterior cruciate ligament noun a ligament in the knee that connects the shin bone to the thigh bone, often torn in sports injuries
posterior dislocation noun dislocation of the shoulder joint in which the ball moves behind the socket
posterior scalene noun a pair of muscles involved in rotating the neck
posterior tibial tendonitis noun pain in the tendons along the inside of the leg, usually caused by overpronation while running
postsynaptic adjective used for describing a nerve cell, muscle cell or region of cell membrane that receives signals transmitted across a synapse from another nerve cell
postural adjective relating to posture
postural away noun changes in the exact weight distribution of a person, caused by muscle contractions involved in maintaining proper posture
posture noun the position in which a body is arranged, or the way a person usually holds his or her body when standing
potassium noun a metallic element that exists naturally in seawater and in several minerals (NOTE: The chemical symbol is K)
potential energy noun the energy that a body or system has stored because of its position in an electric, magnetic, or gravitational field, or because of its configuration. Symbol $V, E_p$
Pott’s fracture noun a fracture of the lower end of the fibula together with displacement of the ankle and foot outwards
pound noun an imperial unit of weight equal to 453.6 g, divided into 16 ounces
power noun 1. physical force or strength 2. the ability, strength, and capacity to do something
powerbag noun a piece of equipment used like a medicine ball in resistance training
powerboat noun a small motorboat with a powerful outboard or inboard motor
powerboating noun the sport of driving or racing powerboats
power lift noun a weightlifting exercise which works several muscle groups at the same time, such as the pullover ■ verb to perform a power lift
powerlifting noun a weightlifting sport that consists of the three events of the squat, the bench press and the deadlift
power play noun 1. (in cricket) on of several periods of time during one-day international matches where restrictions are placed on the positioning of fielders 2. a tactic of concentrating players in one area, especially an attack in American football that involves extra blockers preceding the person carrying the ball 3. a situation or period of time in ice hockey during which one team has a numerical advantage because the other team has one or more players in the penalty box
power snatch noun a snatch performed with very little movement of the knees or feet
power training noun intense training that emphasises proper form
power transfer noun the transfer of energy between muscle groups as a movement is performed
power walking noun a form of exercise involving energetic walking in which the arms are swung backwards and forwards, sometimes using weights, in order to increase the heart rate
prize fight noun 1. a boxing match in which the winner receives a cash prize

practice noun 1. the process of repeating something such as an exercise many times in order to improve performance 2. the fact of doing something, as opposed to thinking or talking about it

pradal seray noun same as Khmer boxing

prebiotic noun a dietary supplement in the form of non-digestible carbohydrate that promotes the growth of desirable microflora in the large bowel. ◦ probiotic

pre-competition adjective used for describing a regime or a set of activities that are done immediately before competing, e.g. carb loading

precursor noun a substance or cell from which another substance or cell is developed

pre-game adjective used for describing activities that are done immediately before competing in a team game, e.g. reviewing tactics and receiving a pep talk

prejudice noun an unfounded hatred, fear or mistrust of a person or group, especially one of a particular religion, ethnicity, nationality, sexual preference or social status

preliminary noun 1. a sporting contest held before the main event, especially in boxing or wrestling 2. an eliminatory contest staged to select the finalists in a sporting competition

premiership noun a championship in some sports, or the competition held to decide this

preparatory arousal noun the act of mentally preparing oneself for a performance using visualisation or a pep talk

prepatellar bursitis noun inflammation of the bursa covering the kneecap, commonly suffered by wrestlers and volleyball players who regularly fall onto their knees

prescription drug noun a drug that can only be obtained by someone who has a legally valid prescription

prescriptive zone noun the optimum temperature for an athlete to perform in, typically between 5 and 25 degrees centigrade

press noun (in weightlifting) a lift in which the weight is raised to shoulder height and then to above the head without moving the legs

pressor adjective relating to or bringing about an increase in blood pressure

press-up noun a physical exercise in which, from a position of lying flat on the front with the hands under the shoulders, the body is pushed off the floor until the arms are straight

pressure point noun a place where an artery crosses over a bone, allowing the blood to be cut off by pressing with the finger

pre-stretch verb to stretch a muscle before exercising it

prevalence noun the average proportion of a sample population, e.g. a sports team, that is injured at any given time

preventive adjective used for describing an action taken to stop something happening, especially to stop a disease or infection from spreading

primary curve noun in scoliosis, the unusual curve of the spine that throws it out of alignment

primary protein energy malnutrition noun malnutrition caused by a severe lack of protein and energy in the diet

prime mover noun same as agonist

prize fight noun a boxing match in which the winner receives a cash prize.
prize ring noun the sport or business of professional boxing
pro-am adjective involving or composed of professional and amateur sports players
pro-am noun a competition in which professional players compete against amateurs, or in which professionals and amateurs compete together
proanthocyanidin noun any one of a class of flavonoids found in many plants that can be used as a dietary supplement to enhance immunity and to strengthen connective tissue
probiotic noun a substance containing live microorganisms that claims to be beneficial to humans and animals, e.g. by restoring the balance of microflora in the digestive tract. prebiotic
procyanidin noun a polyphenol extracted from apples that stimulates human hair growth
proenzyme noun a biologically inactive substance that is the precursor of an enzyme
professional adjective engaged in an occupation as a paid job rather than as a hobby
professional noun an expert player of a sport who is paid to teach other players in a club
professional foul noun a deliberate foul in football, usually committed in order to prevent the opposing team gaining a potentially crucial advantage in field position or goal-scoring opportunity
proficient adjective having a high degree of skill in something
Profile of Mood States noun a questionnaire designed to assess the emotional state of an athlete and diagnose burnout or other factors that may hold back performance. Abbreviation POMS
prognosis noun a medical opinion as to the likely course and outcome of a disease or injury
prognostic adjective relating to or acting as a prognosis of a disease
progress noun development, usually of a gradual kind, towards achieving a goal or reaching a higher standard. verb to move to the next round of a competition
progression noun a gradual change or advancement from one state to another
progressive muscular relaxation noun a method of deep relaxation in which each muscle is tensed and relaxed in turn. Abbreviation PMR
progressive overload, progressive resistance training noun to exercise within your comfort zone and progressively build up to a stronger intensity
Prohibited List noun a list of the substances banned under the World Anti-Doping Code, published yearly
prohormone noun a substance that is the precursor of a hormone, used as a body-building supplement as an attempt to boost the body’s natural supply of that hormone
prolapse noun a slippage or sinking of a body organ or part such as a valve of the heart from its usual position
promote verb to help something to take place, e.g. by advertising it
promoter noun 1. a substance that increases the activity of a catalyst 2. somebody who tries to make an athlete more widely known or more successful, e.g. to secure sponsorship deals
promotion noun advance by a sports team or player into a higher division of a league
pronate verb 1. to lie face downwards 2. to turn the hand so that the palm faces downwards
pronation noun the tendency of the feet to roll slightly inwards while running, cushioning the foot from impact
pronator noun a muscle that makes the hand turn face downwards
prone adjective 1. lying face downwards. Opposite supine 2. used for describing the position of the arm with the palm facing downwards
prop noun (in rugby) a forward at either end of the front row of a scrum
propanolol noun a drug that slows heart rate and heart output
prophylactic noun a drug or agent that prevents the development of disease
prophylactic brace noun a supportive brace that is designed to reduce the risk of injuries occurring, rather than to aid recovery
proprioeption noun awareness of the positions of the parts of the body in relation to each other, or of your own body in relation to the position of others
proprioeptive neuromuscular facilitation noun a technique for assisted stretching that is thought to increase the range of motion of the joints by applying resistance during the stretch that is then relaxed. Abbreviation PNF
proprioeptor noun the end of a sensory nerve that reacts to stimuli from muscles and tendons as they move
prostaglandin noun any of a class of unsaturated fatty acids found in all mammals that control smooth muscle contraction, inflammation and body temperature, are associated with the sensation of pain and have an effect on the nervous system, blood pressure and in particular the uterus at menstruation
prosthesis noun an artificial limb fitted to patients who have lost a limb through amputation
protein noun a compound that is an essential part of living cells and is one of the elements in food that is necessary to keep the human body working properly
protein efficiency ratio noun a measure of protein quality, expressed as the amount of weight gained per gram of protein ingested. Abbreviation PER
protein energy malnutrition noun a severe lack of protein and calories in a person’s diet, or their inability to absorb them from food, leading to wasting and general deterioration of health. Abbreviation PEM
protein intolerance noun an allergic reaction to a particular protein
protein powder noun a bodybuilding supplement of concentrated egg or milk proteins, made into a drink
protein retention noun the percentage of dietary protein that is absorbed and used by the body
protein retention efficiency noun net protein retention shown on a percentage scale. Abbreviation PRE
protein score noun a measure of protein quality, expressed as its content of certain amino acids as compared to egg protein. Also called amino acid score
protein shake noun a drink made with protein powder, used as a bodybuilding aid
protein supplement noun a supplement food or drink that contains concentrated protein, usually from milk, used by bodybuilders
proteolysis noun the breaking down of proteins in food by digestive enzymes
protopathic adjective 1. used for describing nerves that are able to sense only strong sensations 2. used for describing a first symptom or lesion 3. used for describing the first sign of partially restored function in an injured nerve ➤ compare epicritic

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protractor 170

protractor noun a muscle with the function of extending a body part

provocation test noun a test carried out to diagnose the exact nature of an injury, in which various movements are performed to see which of them cause pain

proximal adjective used for describing a body part that is close to the main trunk of the body

psosas noun either of two pairs of muscles in the groin, psoas major and psoas minor, which help to move the hip joint

psyche up verb to prepare yourself mentally for a competition using positive self-talk and visualisation

psychology noun the study of the mind and mental processes

psychomotor adjective relating to bodily movement triggered by mental activity, especially voluntary muscle action

psychosocial adjective relating to both the psychological and the social aspects of something

PT noun in the US, gymnastics, athletics, team sports, and other forms of physical exercise taught to children at school. Full form physical training

ptomaine noun a nitrogenous compound produced when protein is broken down by bacteria

puberty noun the physical and psychological changes that take place when childhood ends and adolescence and sexual maturity begin and the sex glands become active

public health noun the study of illness, health and disease in the community. & community medicine

puck noun a small disc of hard rubber that the players hit in ice hockey

pugilism noun the practice, sport, or profession of boxing

pull verb 1. to make a muscle move in a wrong direction 2. to hit a ball farther left for a right-handed player or farther right for a left-handed player than intended

pull away verb to start to win something such as a competition or race by widening the margin over an opponent

pulldown noun an exercise in which a weight is suspended in a pulley system on a fixed machine and the exerciser makes it rise towards the ceiling by pulling cables downwards

pullover noun an exercise in which the exerciser lies face-up on a bench and lifts a weight from behind the head to over the chest, keeping the arms straight

pull-up noun UK a physical exercise in which the hands are placed on an overhead horizontal bar, and the body is lifted by pulling upwards with the arms. Also called chin, chin-up

pulmonary adjective relating to the lungs

pulmonary artery noun either of two arteries that carry blood in need of oxygen from the right side of the heart to the lungs, the only arteries that carry deoxygenated blood

pulmonary circulation noun the circulation of blood from the heart through the pulmonary arteries to the lungs for oxygenation and back to the heart through the pulmonary veins

pulmonary oedema noun the accumulation of fluid in the lungs, causing severe impairment of respiratory function

pulmonary valve noun a valve at the opening of the pulmonary artery
pulmonary vein noun one of the four veins that carry oxygen-rich blood from the lungs to the left side of the heart
pulse noun the regular expansion and contraction of an artery, caused by the heart pumping blood through the body
pump verb to force liquid or air along a tube
pumped adjective with large muscles achieved through bodybuilding
pump up verb to increase the mass of a muscle by bodybuilding techniques (informal)
punch verb to strike someone or something with the fist, e.g. in boxing or martial arts
punchbag noun UK a large heavy bag, usually suspended from a rope, used by boxers to improve their punching skills (NOTE: The US term is punching bag.)
punchball noun a large heavy ball on a stand, used for training or exercise, especially by boxers
punt noun a kick in which a player drops a ball and kicks it before it hits the ground
pupillary response noun the contraction or otherwise of the pupils when exposed to light following a head injury, indicative of concussion or eye trauma
purgative noun a drug or other substance that causes evacuation of the bowels, sometimes abused in order to lose weight
purge verb to induce evacuation of the bowels
purine noun a chemical compound which is metabolised into uric acid, excessive quantities of which can cause gout
push press noun an exercise in which a barbell is raised from the chest to over the head, using a small jump to create momentum
push-up noun US same as press-up
pyramiding noun (in weightlifting) the practice of increasing the weight for each set while decreasing the number of reps performed
pyruvate noun a sports supplement that increases metabolism
pyruvic acid noun a chemical formed in living cells when carbohydrates and proteins are metabolised
Q angle noun the angle of the quadriceps in relation to the patella, which represents the relationship and alignment between the pelvis, leg and foot
quad noun same as quadriceps femoris
quadrathlon noun four tests for measuring improvements in an athlete’s explosive power, consisting of a standing long jump, a triple jump, a 30-metre sprint and an overheard shot put
quadratus noun any of various muscles with four sides, more or less square in shape
quadratus insertion strain noun pain in the tendon connecting the quadriceps muscle to the kneecap, caused by overuse
quadratus lumborum noun a deep-level muscle in the lower back, connecting the pelvis to the lowest rib
quadriceps noun a large four-part muscle at the front of the thigh that acts to extend the leg
quadriceps femoris noun a large four-part muscle at the front of the thigh that acts to extend the leg
quadriplegia noun a physical disability in which the movement of all four limbs is impaired to some extent
quadriplegic noun a person suffering from quadriplegia
quad rugby noun a form of rugby played in wheelchairs, designed for people suffering from quadriplegia
qualifier noun 1. a person or team that is successful in the preliminary part of a competition and earns the right to take part in the next stage 2. a preliminary round of a competition
quality noun a feature of someone’s personality such as perfectionism, dedication or single-mindedness
quantitative digital radiography noun the use of digital X-ray scans to find out whether a person has a bone disease such as osteoporosis
Queensbury rules plural noun a code of practice for boxing matches that sets out such rules as the size of the ring, the length of the rounds and the principle of counting to 10 to determine a knockout
Quetlet index noun same as body mass index
R

rabbit noun a long-distance runner who sets a fast pace for a stronger teammate in the early part of a race

race noun a contest to decide who is the fastest ■ verb 1. to compete with someone in a contest of speed 2. when your heart races, it beats much faster than usual, e.g. because of nervousness or excitement

racewalk verb to compete in the sport of race walking

racewalking noun the sport of racing at a fast walking pace, with rules that require walkers to keep at least one foot on the ground at all times

rachiotomy noun same as laminectomy

racing noun the sport of taking part in races, e.g. as a runner, on a horse, or in a sports car

racism noun the belief that people of different races have different qualities and abilities, and that some races are inherently superior or inferior

racist adjective prejudiced against all people who belong to other races

racket, racquet noun a lightweight bat with a network of strings, used in tennis, badminton, squash and similar games. The frame is usually made of wood, aluminium or graphite and the strings of gut or nylon.

racket abuse noun (in tennis) the act of throwing a racket to the ground in anger, which can be penalised

racket sport noun any of various sports that use a racket and ball or shuttlecock, e.g. tennis, badminton or squash

racquetball noun a game played on a four-walled indoor court by two, three or four players using short-handled rackets and a ball larger than the ball used in squash or racquets

racquets noun a fast game similar to squash played by two or four people on a four-walled indoor court using long-handled racquets and a small hard ball

radial nerve noun the main motor nerve in the arm, running down the back of the upper arm and the outer side of the forearm

radial pulse noun the main pulse in the wrist, taken near the outer edge of the forearm just above the wrist

radioactive tracer noun a mildly radioactive liquid that is injected into an injury site during scintigraphy
radiography 174

radiography noun the work of examining the internal parts of the body by taking x-ray photographs

radius noun the shorter and outer of the two bones in the forearm between the elbow and the wrist (NOTE: The plural is radii. The other bone in the forearm is the ulna.)

rally noun in tennis and other racket sports, an exchange of several shots between two opponents or sides before a point is scored

rallycross noun motor racing on a circuit partly on roads and partly across country

random practice noun practice of several different skills in rotation, not mastering one before moving on to the next but coming back to it later

random skill noun a skill that is called upon at a moment’s notice, as when a person reacts to an unexpected stimulus

range of motion noun the direction in which, and distance for which, a joint can be moved comfortably. Abbreviation ROM

rapid-adaptation training noun training that switches regularly between strength training, flexibility exercises and cardiovascular work in order to confuse the body

rappel verb same as abseil

rash vest noun a thin, synthetic, elasticated, short- or long-sleeved shirt worn by surfers under a wet suit to prevent skin irritation or by swimmers on its own to provide sun protection

rate of perceived exertion noun the intensity of an exercise according to the exerciser’s subjective judgement, from very light to very heavy. Abbreviation RPE

rationale-motive behaviour therapy noun a form of cognitive-behavioural therapy in which someone is encouraged to examine and change irrational thought patterns and beliefs in order to reduce dysfunctional behaviour

raw food diet noun a diet in which only raw, unprocessed foods may be consumed

RBC abbreviation red blood cell

RDA abbreviation Recommended Daily Allowance

RDI abbreviation Recommended Daily Intake

reaction drill noun a repetitive exercise in which a person responds to stimuli, e.g. catching a ball thrown by a partner

reaction time noun the interval of time between the application of a stimulus and the first indication of a response

reactive arthritis noun arthritis caused by a reaction to something such as a virus

realign verb to readjust or manipulate something so that it is in a straight line or is correctly oriented

real tennis noun a form of tennis played on an indoor court with a sloping roof against which the ball can be hit

rebound noun 1. a ball that bounces back, particularly off a backboard or rim of the basket in basketball or off the goalkeeper or goalpost in hockey, football or a similar sport 2. an upward movement or a recovery, especially after a setback

rebounder noun a mini trampoline used for exercise

receptor noun same as adrenoceptor

reciprocal inhibition noun the contraction of an agonist muscle, which thereby prevents its antagonist muscle from doing the same as it is forced to lengthen

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recombinent adjective used for describing a hormone supplement that is produced synthetically

Recommended Daily Allowance, Recommended Daily Intake noun the amounts of vitamins, minerals and other nutrients that the government recommends people take in their food or otherwise every day to avoid ill health. Abbreviation RDA, RDI

reconstruction noun the process of surgically rebuilding torn tissues such as ligaments in the body using grafts from other tissues

reconstructive surgery noun surgery that rebuilds a damaged part of the body.

plastic surgery

record noun something that represents the greatest attainment so far, especially in sports

recovery noun 1. in swimming or rowing, the bringing forward of the arm to make another stroke 2. the process of returning to health after being ill or injured

recovery diet noun a nourishing diet that rebuilds body tissues and restores energy levels after the rigours of competition

recovery time noun the time it takes for the heart rate to return to rest after exertion, used as a measure of physical fitness

recreation noun an activity that a person takes part in for pleasure or relaxation rather than as work

recreational adjective done or used for pleasure or relaxation rather than work

recreational fitness noun exercise undertaken to maintain general fitness and well-being, rather than to train for professional competition

rectilinear adjective moving in a straight line

rectus femoris noun a flexor muscle in the front of the thigh, one of the four parts of the quadriceps femoris.

medial

corrected bike noun same as exercise bike

recurrent ankle sprain noun a chronic condition in which the ankle ligaments are loose, causing repeated injuries

red blood cell noun a blood cell which contains haemoglobin and carries oxygen to the tissues and takes carbon dioxide from them. Abbreviation RBC

red card noun (in some team sports) a red card displayed by the referee when dismissing a player from the field for a serious infringement of the rules. green card, yellow card (NOTE: In some sports, a player who has been shown a red card may also be banned from later games.)

reduced-fat adjective same as low-fat

ref (informal) noun a sports referee verb to referee a sport or game

referee noun an official who oversees the play in a sport or game, judges whether the rules are being followed, and penalises fouls or infringements verb to act as a referee in a sport or game

reference nutrient intake noun same as dietary reference value

reference protein noun a standard or test protein against which the quality of others is measured, commonly egg protein

referred pain noun pain that is felt in a different body part to the site of injury

reflection noun careful thought, especially the process of reconsidering previous actions, events or decisions
reflex

reflex noun a rapid automatic reaction to a stimulus

reflex action noun an automatic reaction to a stimulus, e.g. a knee jerk

reflex arc noun the basic system of a reflex action, in which a receptor is linked to a motor neurone that in turn is linked to an effector muscle

reflexology noun a form of massage in which pressure is applied to parts of the feet and hands in order to promote relaxation and healing elsewhere in the body

reflex sympathetic dystrophy noun a disorder of the sympathetic nervous system that causes stiffness and burning pain in the hands

reflex trainer noun a ball that has an unusual centre of gravity and bounces in an unpredictable way, used for training players to have quick reactions

refractory period noun a short space of time after the ventricles of the heart have contracted, when they cannot contract again

regatta noun a sports event consisting of a series of boat or yacht races

regeneration noun regrowth of an organ, limb or other tissue that has been injured or shed

regenerative medicine noun the branch of medicine that deals with repairing or replacing tissues and organs by using advanced materials and methodologies such as cloning

regime noun a general pattern or system

regimen noun a fixed course of treatment, e.g. a course of drugs or a special diet

regular adjective (in skateboarding and similar sports) used for describing a stance on the board in which the rider’s left foot is nearer the front end

regulatory body noun an independent organisation, usually established by a government, that makes rules and sets standards for an industry and oversees the activities of companies within it

rehab noun US the period or process of rehabilitation, e.g. for someone addicted to a chemical substance (informal)

rehabilitate verb to make someone fit to work or to lead their usual life

rehabilitation noun the process of making someone fit to work or to lead an ordinary life again

rehabilitation exercises plural noun gentle exercises designed to maintain flexibility and overall fitness while recovering from an injury

rehydrate verb to restore body fluids to a healthy level, or to cause this to occur

rehydration salts plural noun minerals mixed with water to make a rehydration solution

rehydration solution noun a drink that contains substances such as minerals and electrolytes, used for treatment when a person is dehydrated, e.g. because of illness or strenuous exercise

reigning adjective currently holding the champion’s title in a particular sport or for a particular sporting event

reiki noun (in alternative medicine) a treatment in which healing energy is channelled from the practitioner to the patient to enhance energy and reduce stress, pain and fatigue

reinforcement noun 1. the act of strengthening something 2. a strengthened structure

relative density noun same as specific gravity
**relative protein value** noun a measure of protein quality, expressed as its ability to support nitrogen balance in the body. Abbreviation RPV

**relay** noun a section or lap of a relay race, run or swum by an individual athlete

**relay race** noun a race between teams of competitors in which each member of a team runs or swims only part of the total distance to be covered. In a running race, the current runner must pass a baton to the person running the next section.

**release drill** noun the process of learning to relax fully before playing a sport, in order to improve performance

**relegate** verb to transfer a sports team from a higher to a lower division in a competition, usually because it is one of the least successful teams in the higher division

**relegation** noun the act of moving a sports team into a lower group, or the fact or state of being moved into a lower group

**remedial** adjective intended to cure or relieve the symptoms of someone who is ill or has a physical disability

**remedial massage** noun massage intended to cure or relieve the symptoms of somebody who is ill or injured

**repair** verb to make something that is damaged good again

**repetitions** plural noun same as reps

**repetitive strain injury** noun full form of RSI

**repolarisation** noun the restoration of the normal electrical polarity of a nerve or muscle cell membrane following depolarisation during passage of a nerve impulse or muscle contraction

**reps** plural noun movements that are repeated exactly, usually a particular number of times. Also called repetitions

**rerun** verb to run a race again, or cause a race to be run again, after the result on the first occasion has been disallowed because of an infringement

**reserve clause** noun formerly, a clause in the contract of a professional sportsperson stating that the club, not the sportsperson, has the exclusive right to renew the contract

**residual volume** noun the amount of air left in the lungs after the maximum possible exhalation

**resistance** noun 1. the ability of a person not to get a disease 2. the ability of a bacterium or virus to remain unaffected by a drug 3. opposition to a force

**resistance band** noun a type of extensor

**resistance training** noun training that increases muscle strength by working against resistance such as a weighted dumbbell or barbell

**resistance tube** noun a flexible bar that provides resistance when performing various exercises

**resistin** noun a hormone that increases the resistance of cells to insulin, thereby causing levels of sugar in the bloodstream to rise

**resistive boots** plural noun foam devices worn on the feet to provide extra buoyancy when performing water aerobics

**resistive cuffs** plural noun foam devices worn around the wrist to provide extra buoyancy when performing water aerobics

**respect** noun 1. a feeling or attitude of admiration and deference towards someone 2. consideration or thoughtfulness
respiration noun the act of taking air into the lungs and blowing it out again through the mouth or nose. Also called breathing
respiratory acidosis noun same as acidosis
respiratory alkalosis noun same as alkalosis
respiratory dead space noun the portion of the respiratory system that does not completely empty on expiration and so cannot receive new air
respiratory quotient noun the ratio of the volume of carbon dioxide released to the volume of oxygen absorbed by an organism, cell or tissue over a given time period
respiratory system noun a series of organs and passages that take air into the lungs and exchange oxygen for carbon dioxide
respiratory tract noun the parts of the body that are responsible for breathing, including the lungs, trachea, mouth and nose
respire verb to breathe in and out
respirometer noun an instrument for measuring and studying the process in which oxygen is taken into the body, delivered to tissues and cells, and used by them
response time noun the time that it takes for someone to respond to a stimulus
rest noun a period of time spent relaxing or sleeping ▪ verb to restore your energy by means of relaxation or sleep
rest, ice, compression, elevation noun a strategy for treating a muscle or joint injury, by not putting any further pressure on it, applying an ice pack, wrapping an elastic bandage to control tissue swelling, and elevating the injured part to drain excess fluid. Abbreviation RICE
resting noun the practice of taking a short break in between exercises to give the body time to recover
resting energy expenditure noun the number of calories needed to maintain the body’s normal function while at rest
resting heart rate noun the heart rate of a person at rest. Abbreviation RHR
resting metabolic rate noun the metabolic rate of a person at rest. Abbreviation RMR
rest pause training noun training in which a short pause is taken between each rep, allowing the exerciser to perform more than the normal set number without stopping to rest
result noun the outcome of a game or match
resuscitate verb to revive someone from unconsciousness or apparent death after an injury
resuscitation noun the revival of someone who is unconscious or near death, especially by cardiac massage and artificial respiration
resynthesis noun the synthesis of fresh energy from the breakdown of lactic acid
retake verb to take a shot in a game again because of an infringement of the rules during the first attempt
retina noun the inside layer of the eye which is sensitive to light
retinol noun a vitamin found in liver, vegetables, eggs and cod liver oil that is essential for good vision
retraining noun the process of becoming fit again after detraining due to a period of inactivity, e.g. after recovering from injury
retrieve verb *in a game such as tennis or badminton* to return a difficult shot

retroactive inhibition noun the tendency of recently gained knowledge or skills to degenerate when new learning in a similar area is acquired

return verb 1. to come back or to go back to an earlier position or place, or cause something to do so 2. in sports such as tennis, to hit a ball, especially a service, back to an opponent

reuptake noun the reabsorption of neurotransmitters by the nerve cells that produced them. Prozac™ and similar drugs work by inhibiting reuptake of the neurotransmitter serotonin so that circulating levels are high and depression is eased.

reverse crunch noun a crunch in which the legs are lifted rather than the shoulders

reverse lunge noun a lunge in which a leg is extended behind the body, rather than in front

rhabdomyoma noun a benign tumour that affects striated muscle tissue

rhabdomyosarcoma noun a malignant tumour of striated muscle tissue that occurs mostly in children

rhoebase noun the minimum electrical nerve impulse necessary to cause a twitch in a muscle

rheumatism noun a painful condition of the joints or muscles in which neither infection nor injury is a contributing cause

rheumatoid arthritis noun a general painful disabling collagen disease affecting any joint, but especially the hands, feet and hips, making them swollen and inflamed.

rheumatology noun the branch of medicine dealing with the study and treatment of rheumatic diseases

rhizotomy noun a surgical operation to cut or divide the roots of a nerve to relieve severe pain

rhomboid major noun the larger of the two rhomboid muscles

rhomboid minor noun the smaller of the two rhomboid muscles

rhomboid muscles plural noun muscles in the upper back that connect the spine to the shoulder blades

RHR abbreviation resting heart rate

rhythm noun a regular movement or beat

rhythmic adjective regular, with a repeated rhythm

rhythmic gymnastics noun a sport in which athletes combine gymnastic dance movements with the use of apparatus such as ribbons and hoops

rhythm training noun exercises that teach a sportsperson to be agile

rib noun any of a set of bones that form a protective cage across the chest

rib belt noun a support garment worn after a rib injury to aid healing

ribbon noun a long thin flat piece of material

riboflavin noun vitamin B2, the yellow component of the B complex group, an important coenzyme in many biochemical processes, found in foods such as spinach, eggs, milk and liver

RICE abbreviation rest, ice, compression, elevation
ridge noun a long raised part on the surface of a bone or organ
right-footed adjective 1. having a natural tendency to lead with or use the right foot, especially in playing sports such as football 2. performed using the right foot
right-footer noun a right-footed sportsperson
right-handed adjective 1. having a natural tendency to use the right hand, especially in playing sports such as tennis 2. performed using the right hand
right-footer noun 1. a right-footed sportsperson 2. a blow delivered with the right hand
right wing noun (in some team games) the space or position on the right-hand side of a playing area when facing an opponent, or a player who plays in this area
rigor noun stiffness and lack of response to stimuli in body organs or tissues
ring noun 1. a raised square roped platform on which a boxing or wrestling match takes place 2. a circle of tissue, or tissue or muscle shaped like a circle
ringo noun a sport, similar to volleyball, played using a small rubber ring, popular in Poland
rings plural noun a pair of metal rings that are suspended from a ceiling and used to perform gymnastic routines
ringworm noun any of various infections of the skin by a fungus, in which the infection spreads out in a circle from a central point. Also called tinea
rink noun a smooth, enclosed and often artificially prepared ice surface used for ice-skating, ice hockey or curling
ripped adjective with strong muscle definition and low body fat achieved through exercise
risk noun 1. the danger that injury, damage or loss will occur 2. something likely to cause injury, damage or loss
risk assessment noun a process used for determining the risk from a substance, technology or activity
RMR abbreviation resting metabolic rate
rock climbing noun the activity of scaling rock faces, usually using ropes and other specialised equipment and often in a team
roid rage noun an outburst of violent or aggressive behaviour supposedly caused by taking too many anabolic steroids to improve athletic performance (slang)
rolfing noun a form of soft tissue manipulation that is supposed to realign the body and control the formation of scar tissue
Rollerblades a trade name for a type of roller skate on which the wheels are arranged in one straight line
rollerblading noun the sport of travelling or racing on Rollerblades
roller hockey noun hockey played on a roller-skating rink or other hard surface by players wearing roller skates
ROM abbreviation range of motion
roster noun a list of personnel, especially employees, athletes, or members of the armed forces, often detailing their duties and the times when they are to be carried out
rotate verb to move in a circle, or make something move in a circle
rotation noun movement of a ball-and-socket joint so that the limb turns inwards or outwards

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rotator cuff noun the group of muscles and tendons at the shoulder joint
Rothbart’s foot structure noun same as fallen arches
roughage noun same as dietary fibre
round-arm adjective (in cricket) bowled with the bowler’s arm coming over the shoulder at an angle that is away from the vertical, which can be outlawed if regarded as excessive
rounders noun a ball game in which batters score a point, or rounder, if they run round all four marked fielding positions or bases after a single hit of the ball
round-robin noun a tournament in which each player or team plays against every other player or team in turn
routine noun 1. a regular pattern of activity 2. a rehearsed set of movements or actions that make up a performance, such as a gymnast’s sequence of exercises
rowing noun the propelling of a small boat through the water using oars, especially the sport of racing in specially designed lightweight boats
rowing machine noun a fitness machine that imitates the action of rowing a boat
RPE abbreviation rate of perceived exertion
RSI noun a condition in which a group of muscles, tendons and nerves becomes weak and painful from prolonged overuse. Full form repetitive strain injury
rub noun a massaging of part of the body • verb to move something, especially the hands, backwards and forwards over a surface
rub down verb to massage someone or part of the body vigorously
rubor noun the redness of inflamed tissue, usually accompanied by the other signs of inflammation such as pain, heat and swelling, owing to increased blood circulation to the affected area
ruck noun (in rugby) a loose scrum formed around the ball when it is on the ground • verb (in rugby) to form a loose scrum around the ball on the ground
rugby noun a team sport in which players run with an oval ball, pass it laterally from hand to hand, and kick it
rugby league noun a form of rugby that has teams of 13 players
rugby union noun a form of rugby that has teams of 15 players
rulebook noun 1. a book or pamphlet containing the official rules of a game or sport 2. the strictly correct or orthodox way of doing something
run verb to move rapidly on foot so that both feet are momentarily off the ground • noun 1. a rapid pace faster than a walk or jog 2. a race in which the competitors run 3. a point scored in cricket, usually when one or both batsmen run between the wickets 4. a score in baseball made by travelling round all the bases to home plate
runner noun 1. an athlete or horse in a race 2. the blade of an ice skate
runner’s knee noun same as chondromalacia patellae
runner-up noun a contestant or competitor who comes near the winner in an event or race and often receives a small prize
running noun 1. rapid movement on foot, with long strides and both feet momentarily off the ground 2. the sport or exercise of running
running commentary noun same as commentary
run out verb (in cricket) to dismiss a player who is trying to complete a run by breaking the wicket with the ball before he or she has reached the crease
rupture

rupture noun 1. the breaking or tearing of an organ such as the appendix 2. same as hernia  
verb to break or tear something

ruptured disc noun same as displaced intervertebral disc

ruptured eardrum noun same as perforated eardrum

ryu noun a style or method of practising a Japanese martial art
sacral nerves plural noun the nerves that branch from the spinal cord in the sacrum and govern the legs, the arms and the genital area

sacral plexus noun a group of nerves inside the pelvis near the sacrum that lead to nerves in the buttocks, back of the thigh and lower leg and foot

sacral vertebrae plural noun the five vertebrae in the lower part of the spine that are fused together to form the sacrum

sacroccygeal adjective referring to the sacrum and the coccyx

sacroiliacl joint noun a joint where the sacrum joins the ilium

sacrum noun a flat triangular bone, formed of five sacral vertebrae fused together, that is located between the lumbar vertebrae and the coccyx and articulates with the coccyx and the hip bones (NOTE: The plural is sacra.)

safety key noun a device that is attached to the emergency stop switch on a treadmill and to the runner’s belt, which activates the switch if the runner slips or falls

dsagittal plane noun the division of the body along the midline, at right angles to the coronal plane, dividing the body into right and left parts. Also called median plane

sailboard noun a large surfboard with a keel, a mast and a sail mounted on it that is operated by one person standing up

sailboarding noun same as windsurfing

sailing noun 1. the sport or leisure activity of travelling in a boat propelled by sails 2. the art or a method of controlling a boat or ship, especially one with sails

salbutamol noun a beta-agonist drug used as a short-term treatment for asthma

salinometer noun an instrument that measures the salinity of a solution

salmeterol noun a beta-agonist drug used as a long-term treatment for asthma and some pulmonary diseases

salt noun 1. a substance consisting of small white tangy-tasting crystals, consisting mainly of sodium chloride, used for flavouring and preserving food 2. any crystalline compound formed from the neutralisation of an acid by a base containing a metal

salt depletion noun the dangerous loss of salt from the body by excessive sweating, causing muscular weakness and cramps

sambo noun a modern martial art originating in the former Soviet Union, with forms similar to wrestling and aikido and a form based on self-defence

sample noun a small quantity of something used for testing
sample collection form noun a form that is filled in at a doping control station

SAM splint noun a splint that is worn to immobilise fractured limbs and can be worn during an x-ray examination without disrupting the results. Full form structural aluminium malleable splint

sand board noun a board similar to a surfboard or snowboard used for riding down sand dunes or performing stunts on a course covered in sand

sarcolactic acid noun a form of lactic acid produced by muscle tissue during anaerobic activity

sarcolemma noun a membrane surrounding a muscle fibre

sarcomere noun a filament in myofibril

sarcoplasmic reticulum noun a network in the cytoplasm of striated muscle fibres

sarcous adjective consisting of or relating to flesh or muscle tissue

sartorius noun a very long muscle, the longest muscle in the body, that runs from the anterior iliac spine across the thigh down to the tibia

saturated fat noun a type of fat that is typical of animal-derived fats, is not essential in the diet and is thought to increase blood cholesterol. Compare unsaturated fat, polyunsaturated fat

saturated fatty acids plural noun fatty acids that are non-essential in the diet and are thought to increase blood cholesterol, typical of animal-derived fats

saturation diving noun a method of diving in which the diver’s bloodstream is saturated with an inert gas so that the time required for decompression is unaffected by the duration of the dive

sauna noun 1. a bath involving a spell in a hot steamy room followed by a plunge into cold water or a light brushing with birch or cedar boughs 2. a room designed or prepared for having a sauna

scab noun a hard crust of dried blood, serum or pus that forms over a wound during healing

scalene muscles plural noun three pairs of muscles involved in rotating and tilting the neck

scales plural noun a device on which a person can be weighed

scaphoid fracture noun same as carponavicular fracture

scapula noun either of two large flat bones covering the top part of the back. Also called shoulderblade (NOTE: The plural is scapulae.)

Scarsdale diet noun a dietary plan that drastically reduces calorie intake for a period of between 7 and 14 days

scar tissue noun dense fibrous tissue that forms the scar over a healed wound

SCAT noun a set of questions and observations that a healthcare professional should use to diagnose concussion, typically an AVPU assessment, Maddocks questions, pupillary response and a cognitive assessment. Full form sports concussion assessment tool

Schwann cells plural noun the cells which form the myelin sheath around a nerve fibre

sciatic adjective 1. relating to the hip 2. relating to the sciatic nerve

sciatica noun pain along the sciatic nerve, usually at the back of the thighs and legs

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**Sciatic nerve** *noun* one of two main nerves that run from the sacral plexus into each of the thighs, dividing into a series of nerves in the lower legs and feet. They are the largest nerves in the body.

**Scintigram** *noun* a two-dimensional image of the distribution of a radioactive tracer in a body organ such as the brain or a kidney, obtained using a special scanner.

**Scintigraphy** *noun* a method of detecting injuries in which a radioactive tracer is injected into the injury site and a reading taken, allowing a 2-dimensional image to be built up.

**Scintiscanner** *noun* an apparatus used in diagnosing some diseases that produces an image, called a scintigram, of the distribution in the body of a radioactive tracer that has been administered to the patient.

**Scissors** *noun* 1. *(in gymnastics)* a movement of the legs that resembles the opening and closing of scissors 2. *(in the high jump)* a simple technique of clearing the bar sideways on with a leading leg and then the other in a fast separating and closing movement, now rarely used 3. *(in rugby)* a tactic in which a player passes the ball to another player running diagonally to his or her line of advance, thus changing the direction of an attack.

**Scissors kick** *noun* 1. *(in swimming)* a kicking motion that resembles the opening and closing of scissors, used especially when doing the sidestroke 2. *(in soccer)* a mid-air kick of the ball with the legs moving in a way that resembles the movement of scissors blades.

**Sclerosis** *noun* the hardening and thickening of body tissue as a result of unwarranted growth, degeneration of nerve fibres or deposition of minerals, especially calcium.

**Scoliosis** *noun* a condition in which the spine curves sideways.

**Scoop stretcher** *noun* a stretcher for transporting an injured person with a suspected spinal injury, assembled under the patient so that he or she need not be moved.

**Score** *noun* 1. the total number of points gained by a player or team at the end of or during a match or game 2. a record of the number of points gained by a player or team in a match or game 3. an action that leads to the gaining of a point or points in a match or game *verb* to gain a point or goal.

**Scoreboard** *noun* a board at a sporting venue on which the score of a game, match, or other competition in progress is displayed.

**Score draw** *noun* a result in a match, especially a football match, in which both sides have scored the same number of goals.

**Scoreline** *noun* same as score.

**Score sheet** *noun* a record of who has scored a point or goal in a game or match, especially in football or rugby.

**Scout** *noun* same as talent scout *verb* to look for talented players for a sports team.

**Scrambler** *noun* a motorcycle designed for racing across rough terrain.

**Scratch** *noun* a person or team withdrawn from a race or competition.

**Scrum** *noun* a formalised contest for possession of the ball during a rugby match between the two sets of forwards who each assemble in a tight-knit formation with bodies bent and arms clasped around each other and push forwards together against their opponents.

**Scrum half** *(in rugby)* the halfback who places the ball in the scrum, or the position of this player.

**Scuba diver** *noun* a diver who takes part in scuba diving.
scuba diving noun  the sport of diving, using an apparatus for breathing underwater consisting of a portable canister of compressed air and a mouthpiece

sculpt verb  to change the shape or contours of something by natural processes such as erosion. Also called sculpture

sculpted adjective  with an athletic physique that is aesthetically pleasing

season noun  the performance of a player or team during a sporting season in relation to others

seasonal training noun  training that is intense when preparing for competition and lessens or stops in the periods in between, leading to detraining and retraining patterns

season ticket noun  a ticket valid for a specific period of time for travel on public transport, use of leisure facilities, or attendance at sporting or cultural events

seated exercise noun  any exercise that is performed sitting down, e.g. a leg extension

secondary curve noun  (in scoliosis) a compensatory curve of the spine that realigns the shoulders and head so that they are still level

secondary protein energy malnutrition noun  malnutrition caused by the body’s inability to absorb protein and energy from dietary sources, caused by serious illness such as cancer

second wind noun  a renewal of energy following a period of effort and exertion

secretagogue noun  an agent that stimulates the pituitary gland to release more growth hormone, used by athletes

secrete verb  to produce a substance such as a hormone, oil or enzyme

seed noun  a competitor who is graded according to the perceived likelihood of his or her winning a specific tournament ■ verb  to rank a player according to the perceived likelihood of his or her winning a specific tournament

segment training noun  training for each muscle group in turn, with the aim of identifying weaknesses

seitan noun  a foodstuff that consists of wheat gluten obtained by washing the starch out of flour dough, processed in various ways and often used as a vegetarian alternative to meat

seizure noun  a sudden attack of an illness or condition, especially of the kind experienced by people with epilepsy

selection noun  the process by which an athlete is chosen for a team of competition

selenium noun  a non-metallic trace element  (NOTE: The chemical symbol is Se.)

self-defence noun  fighting techniques used for defending oneself against physical attack, especially unarmed combat techniques such as those used in many of the martial arts

self-discipline noun  the ability to do what is necessary or sensible without needing to be urged by someone else

self-efficacy noun  confidence and efficient stress-management techniques that positively affect an athlete’s performance

self-fulfilling adjective  used for describing an event, e.g. a failure in competition, that is brought about or proved true because of having been expected or predicted

self-image noun  the opinion that a person has about how worthwhile, attractive or intelligent he or she is

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sensory input

self-modelling noun the memories of your own accomplishments, used during self-talk as a method of achieving a positive mindset

definition self-paced adjective used for describing an exercise regime or a race that is controlled by the athlete and not by external stimuli

definition self-regulation noun an athlete’s ability to follow a training regime and adapt it according to current needs, e.g. to resist training while injured, without supervision

definition self-respect noun belief in your own worth and dignity

definition self-talk noun the things that an individual says mentally to himself or herself, often to instil a positive attitude before a competition

definition self-test noun a diagnostic test that you give yourself to determine your health, e.g. a blood-pressure test

definition self-treatment noun an individual’s treatment of his or her own illnesses or injuries, as distinct from treatment provided by a doctor or other medical professional

definition semi-curved last noun same as standard last

definition semi-final noun either of two matches or games, the winners of which will play each other in the final round of a competition

definition semi-finalist noun a player or team that is playing in a semi-final

definition semi-lunar cartilage noun one of two pads of cartilage, the lateral meniscus and medial meniscus, between the femur and the tibia in the knee

definition semi-lunar valve noun either of two valves in the heart, the pulmonary valve and the aortic valve, through which blood flows out of the ventricles

definition semi-professional adjective 1. participating in a sport for pay but not as a full-time professional 2. played in or contested by semi-professional sportspeople 3. displaying some aspects of a professional

definition semitendinosus noun a muscle extending from the hip joint to just below the mid-thigh

definition send off verb to dismiss a player from a game or competition for breaking the rules, e.g. in football, rugby or hockey

definition sensei noun an instructor in karate, aikido and various other Japanese martial arts

definition sense organ noun any organ in which there are various sensory nerves that can detect environmental stimuli such as scent, heat or pain and transmit information about them to the central nervous system, e.g. the nose or the skin

definition sensitise verb to produce in someone an unusual sensitivity to a substance such as a food ingredient or drug so that subsequent exposure to the substance triggers an allergic reaction

definition sensitive adjective having an unexpected reaction to an allergen or to a drug, caused by the presence of antibodies which were created when the person was exposed to the drug or allergen in the past

definition sensitivity noun 1. the fact of being able to detect and respond to an outside stimulus 2. the rate of positive responses in a test from persons with a specific disease. A high rate of sensitivity means a low rate of people being incorrectly classed as negative. Compare specificity

definition sensorium noun 1. the sensory components of the brain and nervous system that deal with the receiving and interpreting of external stimuli 2. all the sensory functions in the body, considered as a single unit

definition sensory input noun stimulation provided by the senses
sensory nerve noun a nerve which registers a sensation such as heat, taste or smell and carries impulses to the brain and spinal cord. Also called afferent nerve

sensory receptor noun a cell which senses a change in the surrounding environment, e.g. cold or pressure, and reacts to it by sending out an impulse through the nervous system. Also called nerve ending

sensory science noun the application of scientific principles to the evaluation of the human senses and interpretation of the signals that they pick up

septum noun a wall between two parts of an organ, e.g. between two parts of the heart or between the two nostrils in the nose (NOTE: The plural is septa.)

sequela noun a condition that is a consequence of an earlier disease or injury, e.g. chronic pain or reduced mobility

sequestrum noun a fragment of dead tissue, usually bone, that separates from surrounding living tissue

serial skill noun a series of discrete skills performed in sequence, e.g. the run, jump and landing required for the triple jump

series noun in some sports such as cricket and baseball, a set of matches between the same teams

serine noun an amino acid produced in the hydrolysis of protein

serotonergic adjective describes neurons or nerves that are capable of releasing serotonin as a neurotransmitter at their endings

serotonin noun a compound that is a neurotransmitter and exists mainly in blood platelets, released after tissue is injured

serratus anterior noun a muscle that connects the ribs to the scapula at the sides of the torso

serve verb (in racket sports) to begin a point by launching the ball or shuttlecock towards an opponent (noun (in racket sports)) an act of serving the ball or shuttlecock

sesamin noun a supplement that improves liver function, releasing thermogenic enzymes, used as a sports supplement

sesamoid noun a small, roughly spherical bone lying within a tendon to assist in its mechanical action or to bear pressure

sesamoiditis noun pain in the balls of the feet caused by repeated stress on that area

set noun 1. a number of repetitions of an exercise 2. a part of a tennis match that is won when one player or couple wins a minimum of six games

set piece noun a planned manoeuvre used by a team in a game, e.g. the way a football team takes a corner or free kick

set point noun 1. the body weight at which a person’s metabolism is naturally constant and balanced 2. a situation in a tennis match in which a player has only to win the next point to win the set, or the point he or she has to win

severe adjective used for describing an injury that is very bad or painful

Sever’s disease noun same as calcaneal apophysitis

shadow boxing noun a form of training for boxing in which there is no opponent, with the boxer’s own shadow on the wall used for reference

shaft noun same as diaphysis

shamateur noun an athlete who is officially an amateur but who is secretly paid

shape noun the condition of someone’s health or fitness

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shiat斯 noun a form of healing massage in which the hands are used for applying pressure at acupuncture points on the body in order to stimulate and redistribute energy. Originating in Japan, it is used for treating various conditions, including back pain, migraine, insomnia, depression and digestive problems.

shin noun the front part of the lower leg

shinbone noun same as tibia

shinny noun (in the United States and Canada) an informal game similar to hockey, played with a small hard ball and curved wooden sticks

shin splints plural noun extremely sharp pains in the front of the lower leg, felt by athletes

shintaido noun a form of exercise based on the movements used in Japanese martial arts, performed by a group

shinty noun a game loosely resembling hockey traditionally played in the Highlands of Scotland, in which players are allowed to hit the ball in the air

shock noun a state of physiological collapse, marked by a weak pulse, coldness, sweating and irregular breathing, and resulting from a situation such as blood loss, heart failure, allergic reaction or emotional trauma

shock absorber noun a device designed to absorb jarring or jolting

shock-absorbing adjective minimising the damage caused to the body by an impact

shoe supports plural noun same as orthotics

shoot verb 1. (of pain) to seem to move suddenly through the body with a piercing feeling 2. in a sport such as football or basketball, to kick, hit or throw a ball in an attempt to score a goal or point

short leg noun a condition in which one leg is shorter than the other, either because of a difference in bone length (anatomical short leg), or because of pelvic misalignment or other postural problems (functional short leg)

short-term goal noun something that a person wants to achieve in the near future, which they are working towards

short-term memory noun the part of the mind used for retaining temporary information over a short period

shot noun 1. an attempt to score points by throwing, hitting, kicking or shooting something 2. in golf, tennis etc, an act of hitting the ball 3. same as shot put 2

shot consistency noun (in racket sports) the skill of making each shot played consistent with the others

shot put noun 1. an athletics event in which contestants compete to throw a heavy metal ball as far as possible 2. a heavy metal ball used in the shot put

shot selection noun the process by which someone decides which type of shot to play next, e.g. in tennis by taking into account their own position on the court and that of their opponent (NOTE: Shot selection is also an important part of other ball games such as cricket and golf.)

shoulderblade noun same as scapula

shoulder girdle noun same as pectoral girdle

shoulder press noun an exercise in which the arms are pushed upwards from the shoulders against some resistance, e.g. a dumbbell lift, while seated upright

shoulder separation noun an injury in which the ligaments connecting the collarbone to the shoulder are torn, common in contact sports

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shoulder shrug

**shoulder shrug** noun an exercise in which weights are held with the arms loosely hanging at the front of the body and the shoulders are slowly raised and lowered

**shoulder support** noun a supportive wrap used for protecting the shoulder from injury during exercise

**showing** noun the way a player or team performs

**sick** adjective *(in snowboarding)* used for describing a move that is performed so skillfully as to cause envy

**sida cordifolia** noun a supplement for athletes containing ephedrine, extracted from an Indian plant

**sideslip** verb *(in skiing)* to slide at an angle down a slope

**sidespin** noun a rotary motion put on a ball that causes it to spin horizontally

**sidestroke** noun a swimming stroke performed on the side by thrusting the arms alternately forwards and downwards while doing a scissors kick

**sight** noun a device on an archer’s bow, on a pistol, on a rifle and on similar weapons that allows the user to take aim at the target

**silly** adjective *(in cricket)* used for describing a fielder or fielding position very close to the batsman, closer than a similar position described as ‘short’

**silver medal** noun an award for taking second place in a race or other competition, usually in the form of a silver disc on a ribbon

**simple carbohydrates** plural noun carbohydrates with simple molecules containing few linked glucose units, broken down very quickly by the body

**simple fracture** noun a fractured bone in which there is one break and no fragments or other cracks

**simvastatin** noun a drug that lowers lipid levels in the blood

**sin bin** noun an area with a bench beside an ice hockey rink or a rugby pitch where penalised players must stay during the period that they have to serve as a time penalty for an offence

**single-blind testing** noun a form of blind testing in which the researchers are aware from the beginning which subjects are receiving the supplement and which are receiving a placebo. Compare **double-blind testing**

**singles** noun a game of tennis, badminton or table tennis between two players. Compare **doubles**

**sinoatrial node** noun a node in the heart which regulates the heartbeat

**sinus tarsi syndrome** noun pain in the soft area of the foot above the heel bone on either side, caused by sprain or overpronation

**site injection** noun the act of injecting a steroid directly into a specific muscle

**sitology** noun the scientific study of food, diet and nutrition as they relate to health

**sitotherapy** noun the use of food as a therapeutic treatment

**sit-up** noun an exercise in which you lie flat on your back with your legs bent and then raise the upper part of your body to a sitting position without using your hands

**Six Nations** noun an international rugby championship between teams representing England, France, Ireland, Italy, Scotland and Wales, held annually since 2000

**six-pack** noun a well-developed block of abdominal muscles *(informal)*

**skateboard** noun a short narrow board to which a set of small wheels is fitted on the underside, used to move rapidly or to perform jumps and stunts
skateboarding noun the sport or pastime of riding a skateboard
skating noun the pastime or sport of sliding on ice skates or rolling on roller skates
skeet noun a form of clay-pigeon shooting in which targets are thrown from two traps, the targets being either singles or in pairs
skeletal muscle noun a muscle that is attached to a bone and makes a limb move
skeleton noun 1. the set of bones that make up the framework of the body 2. a small sled used for high-speed racing, on which the driver lies head first
ski noun either of a pair of long thin boards made of wood, metal, or other material that curve up at the front and are used to slide across snow ■ verb to glide over the surface of snow or water wearing skis, as a means of travel or as a leisure pursuit or sport
skier’s thumb noun same as ulnar collateral ligament sprain
skiing noun the activity, sport, or pastime of travelling on skis
skijumping noun a sport in which a person skis down a slope that has an upturned curve at the end, allowing them to perform a jump into the air
skill noun an ability to do perform an action well, acquired by training
skill acquisition noun the process of learning a skill, either by being taught or by observation
skillless adjective 1. used for describing a person who has not mastered any skills 2. of a sport or activity, not requiring any skills
skill retention noun the fact of remembering learned skills
skill transfer noun the act of learning a new skill using aspects of other skills that have already been mastered
ski machine noun an exercise machine that recreates the motion of skiing
skinfold noun a test for subcutaneous fat deposits that measures how much skin and tissue can be ‘pinched’ at various sites on the body
skinny adjective thin, especially in an unappealing or unhealthy way
skin-tight adjective fitting tightly to the body
skipper noun a team captain (informal)
skipping rope noun a piece of rope, often with handles at either end, for skipping over
slalom noun a downhill ski race in which competitors follow a winding course and zigzag through flags on poles or other obstacles
slashing noun the illegal striking or swinging of a stick at an opposing player in hockey or lacrosse
sledging noun (in cricket) the attempt by a fielder or bowler to undermine a batsman’s confidence by verbal abuse
slice noun a stroke in which a ball is hit off-centre on the side nearest the player, so that it follows a curving path away from the player ■ verb to hit a ball off-centre so that it follows a curving path, whether intentionally or as a result of a bad swing or stroke
sliding filament theory noun a theory of muscle contraction in which the myosin filaments form a bond with the actin filament, drawing them closer and contracting the muscle
slim adjective attractively thin
slimline adjective designed to help with a weight-reducing diet
slimming 192

slimming noun the use of a special diet or special food that is low in calories and is supposed to help a person lose weight

slimming pill noun a pill that supposedly helps to reduce weight, whether by increasing the metabolism, suppressing hunger or blocking the absorption of fats

slimming product noun a food product that is low-calorie and designed especially for people on a weight-reducing diet

slig noun a wide bandage suspended from someone's neck to support an injured arm or hand

slig noun a wide bandage suspended from someone's neck to support an injured arm or hand

sliotar noun the ball used in the sport of hurling

slip verb to dislocate or displace a bone, especially in the spine ■ noun (in cricket) the position of a fielder behind and near the wicketkeeper, especially on the off side, or the fielder who takes up this position

slip lasted adjective used for describing a training shoe constructed without a rigid last to give greater flexibility

slipped disc noun same as displaced intervertebral disc

sloth noun a dislike of work or any kind of physical exertion

slow adjective used for describing a surface that tends to reduce the speed or ability to travel of a ball, runner or other competitor

slow twitch fibre, slow fibre noun a type of muscle fibre that is not able to contract swiftly

smooth muscle noun a muscle found in the viscera that functions by slow contraction and is not under voluntary control. Compare skeletal muscle

SMT abbreviation stress management training

snapping hip syndrome noun a condition in which the muscles connecting the thighbone to the pelvis are too tight to comfortably move over the hipbone during activities such as running

snatch noun a lift in weightlifting in which the bar is lifted from the floor to above the head in a single movement. Also called clean and snatch

snooker noun a game played on a table in which a white ball struck with a cue is used to hit fifteen red balls and six balls of different colours into holes called pockets at the edges of the table

snorkel noun a curved tube that projects above the water and enables someone to breathe while swimming face down near the surface

snorkelling noun the activity or pastime of swimming with a snorkel

snowboard noun a board with bindings for the feet that somebody stands on to slide down snow slopes

snowboarding noun the sport or pastime of riding a snowboard, also an extreme sport with acrobatic tricks and moves

soccer noun US same as football

social approval noun respect from other people for your achievements, a motivating factor for many sportspeople

social learning theory noun a theory that people learn ways of coping with stress and managing aggression by observing others who are calm and controlled

social loafing noun a tendency to work less hard when sharing the responsibility with others, as can occur with members of sports teams

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sodium noun a chemical element that is the basic substance in salt (NOTE: The chemical symbol is Na.)

softball noun 1. baseball played with a larger softer ball on a smaller field, between two teams of ten people 2. the ball used for playing softball

soft tissue noun the soft parts of the body such as muscles and skin, as distinct from bone or cartilage

solar plexus noun a nerve network situated at the back of the abdomen between the adrenal glands

soleus noun a flat muscle that goes down the calf of the leg (NOTE: The plural is solei.)

soluble fibre noun a type of fibre in vegetables, fruit, pulses and porridge oats that is partly digested in the intestine and reduces the absorption of fats and sugar into the body, so lowering the level of cholesterol

somatic anxiety noun anxious arousal that comes from high levels of adrenaline in the body, causing jittery, restless feelings.

somatic nervous system noun the part of the nervous system that serves the sense organs and muscles of the body wall and limbs, and brings about activity in the voluntary muscles

somatology noun the study of both the physiology and anatomy of the body

somatotenedin noun a hormone produced in the liver that stimulates the growth of bone and muscle

somatotrophin noun a hormone secreted by the pituitary gland that controls bone and tissue development

sore adjective 1. rough and inflamed 2. painful

South Asian Games plural noun a multi-sport event for athletes from the South Asian area, including India, Pakistan and Nepal, held every two years

Southeast Asian Games plural noun a multi-sport event for athletes from Southeast Asia, held every two years

South Pacific Games plural noun a multi-sport event for athletes from South Pacific islands, including Fiji, Guam, Samoa and Tahiti, held every four years

soya protein noun protein found in soya beans, which is low in fat and cholesterol

SPARC abbreviation Sport Performance Assessment and Rehabilitation Centre

spare adjective with a muscular physique and no excess fat

spasm noun a sudden, usually painful, involuntary contraction of a muscle, as in cramp

spastic adjective with spasms or sudden contractions of muscles

spasticity noun a condition in which a limb resists passive movement

special dietary requirements plural noun the requirements of someone who has a restricted diet, e.g. who is vegetarian, vegan, eats only kosher or halal food, is pregnant or breastfeeding or has wheat, gluten or nut allergies

Special Olympics noun an international athletic competition for athletes with mental disabilities

specific exercise noun an exercise that is targeted at a particular muscle or group of muscles, rather than for general fitness

specific gravity noun the ratio of the density of a substance to the density of water at the same temperature. Abbreviation SG. Also called relative density.
specificity noun the rate of negative responses in a test from persons free from a disease, with a high specificity indicating a low rate of false positives. Compare sensitivity
spectator sport noun a sport that attracts spectators in large numbers
speedball noun 1. a training aid for boxing that is like a light punchbag fixed at both ends, not hanging freely 2. a fast-paced game that combines elements of football and handball
speed development noun improving physical and mental reaction times
speed drill noun same as speed training
speed reverse board noun a rubber mat fixed to the wall in a sports hall to protect it
speed skate noun an ice skate designed for racing, with a blade that is much longer than on a standard skate
speed skating noun the sport of racing competitively on speed skates, in which two or more skaters race against each other on a wide oval track divided into two lanes
speed training noun training that uses exercises designed to improve reaction times
sphygmomanometer noun a device for measuring blood pressure
spike noun 1. a pointed metal stud, part of a set attached to the sole of an athlete’s shoe to give better grip 2. a hard smash of a volleyball, hit close to the net and straight down into the opponent’s court  ■ verb 1. to injure another player or competitor with the spikes of an athletic shoe 2. to leap high close to the net and hit a volleyball straight down into an opponent’s court
spikes plural noun a pair of athletic shoes with soles equipped with pointed studs to give better grip
spina bifida noun a congenital condition in which part of the spinal cord or meninges protrudes through a cleft in the spinal column, resulting in loss of voluntary movement in the lower body
spinal adjective relating to the spine
spinal anaesthesia noun the loss of sensation in part of the body caused by injury to the spinal column
spinal board noun a rigid plastic board used for transporting casualties with suspected spinal injuries
spinal canal noun a passage that runs through the opening in the middle of each vertebra of the spinal column and contains the spinal cord, the meninges, nerve roots and blood vessels
spinal column noun same as spine
spinal cord noun the part of the central nervous system that runs from the brain down the spine to the lower back, protected by the vertebral canal
spinal fusion noun surgery to fuse together two or more vertebrae, used to treat scoliosis or long-term problems caused by a herniated disc
spinal instrumentation noun the use of rods or screws to stabilise the spine to correct long-term problems such as scoliosis
spinal nerves plural noun the thirty-one paired nerves arising from the spinal cord and emerging on either side of the spinal column to supply the rest of the body
spine noun the series of bones, the vertebrae, linked together to form a flexible supporting column running from the pelvis to the skull
spinning noun a fitness class in which the participants work on exercise bikes, led by an instructor.

spirometer noun a device used for measuring oxygen consumption.

spirometry noun the act of measuring the capacity of the lungs.

splanchnic adjective used for referring to the internal organs (technical).

spleen noun a ductless vascular organ in the left upper abdomen that helps to destroy old red blood cells, form lymphocytes and store blood.

splenic rupture noun a swelling and potentially fatal tearing of the spleen, the risk of which is raised by returning to sports too early after a mononucleosis infection.

splenius noun either of two muscles on each side of the neck that reach from the base of the skull to the upper back and rotate and extend the head and neck (NOTE: The plural is splenii.)

splint noun a support for an injured body part that holds it rigid while the tissues heal.

split decision noun (in boxing and similar sports) a win awarded by a majority of judges, rather than by a unanimous decision.

splits plural noun a gymnastic action in which the legs are fully extended in opposite directions until the body is sitting on or very close to the floor.

spondylitis noun inflammation of the vertebrae and the attached discs and ligaments.

spondylolisthesis noun a fracture in a single vertebra of the lower back that allows it to slip forwards, commonly suffered by gymnasts and dancers.

spondylolysis noun a fracture in a single vertebra of the lower back, caused by repeated extension of the spine and commonly suffered by gymnasts and dancers.

sport climbing noun a sport in which competitors ascend walls, often artificial ones, on difficult routes that have bolts in place.

sportglasses plural noun sunglasses designed for wear while taking part in sports.

sportive adjective regularly taking part in sport.

Sport Performance Assessment and Rehabilitation Centre noun a service that provides sports science consultancy for professional athletes, based at Roehampton University, London. Abbreviation SPARC.

sports acrobatics noun acrobatics performed as a competitive sport.

sports bottle noun a drinking bottle with a specially-designed cap that does not spill, for use while exercising.

sports bra noun a bra designed to offer additional comfort, support and protection during physical activity such as jogging or sports.

sports concussion assessment tool noun full form of SCAT.

sports counselling noun a professional who gives emotional guidance to an athlete and helps them to cope with issues such as injury or retirement.

sports drink noun a soft drink that is intended to quench thirst faster than water and replenish the sugar and minerals lost from the body during physical exercise.

sports fatigue syndrome noun same as unexplained underperformance syndrome.

sports gel noun a concentrated carbohydrate gel that is easy to metabolise during exercise.

sports ground noun a place where sports are performed.
sports hernia noun same as athletic pubalgia

sports hernia noun any injury incurred as a result of taking part in sports, e.g. a sprain, shin splints or tendinitis

sportsman noun 1. a man who participates in sport 2. someone who behaves fairly, observing rules, respecting others and accepting defeat graciously

sportsmanlike adjective used for describing conduct considered fitting for a sportsperson, including observance of the rules of fair play, respect for others and graciousness in losing

sportsmanship noun 1. conduct considered fitting for a sportsperson, including observance of the rules of fair play, respect for others and graciousness in losing 2. participation in sport

sports massage noun massage for professional sportspeople, aimed at relaxing overused muscles and preventing or healing injury

sports medicine noun the study of the treatment of sports injuries

sports nutrition noun specialised nutrition for a professional sportsperson, designed to provide enough energy to sustain a very active lifestyle as well as providing nutrients that support tissue growth and repair

sports nutritionist noun a professional who looks after the specialised dietary needs of athletes

sportsperson noun 1. someone who participates in sport 2. someone who behaves fairly, observing rules, respecting others, and accepting defeat graciously

sports psychology noun the scientific study of the mental state of sportspersons, looking at issues such as motivation, concentration, stress and self-confidence

sports shoes plural noun same as trainers

sports supplement noun a dietary supplement used by athletes to enhance performance

sports towel noun a highly-absorbent small towel that dries quickly

sports watch noun a durable watch designed to be worn during sports, often with extra features such as a stopwatch

sporty adjective 1. designed or appropriate for sport or leisure activities 2. enthusiastic about sport or outdoor activities and regularly taking part in them

spot verb 1. to watch someone performing an exercise 2. to identify someone, especially a performer, as having a promising talent worthy of being developed to a high, often professional standard

spot reduction noun the notion that the amount of fat in a particular area of the body can be reduced by working the muscles in that area, disputed by some experts

spotter noun a partner who watches a person performing an exercise to check that they are performing it safely and with proper technique

sprain noun a condition in which the ligaments in a joint are stretched or torn because of a sudden movement

springboard noun 1. a flexible board secured to a base at one end and projecting over the water at the other, used for diving 2. a flexible board on which gymnasts bounce in order to gain height for vaulting

sprint noun 1. a short race run or cycled at a very high speed 2. a burst of fast running or cycling during the last part of a longer race 3. a sudden burst of activity or speed verb to run, swim or cycle as rapidly as possible
sprinter noun an athlete or cyclist who takes part in a short race run or cycled at a very high speed
sputum noun mucus that is formed in an inflamed nose, throat or lungs and is coughed up. Also called phlegm
squad noun 1. a small group of people engaged in the same activity 2. a number of players from which a team is selected 3. US an athletics or sports team
squamosal noun a thin plate-shaped bone of the vertebrate skull that forms the forward and upper part of the temporal bone in humans
square verb to level the scores in a ball game
squash noun a game for two or four participants played in an enclosed court with long-handled rackets and a small ball that may be hit off any of the walls
squat noun an exercise in weightlifting in which the lifter raises a barbell while rising from a crouching position
squat thrust noun an exercise performed on the hands and knees in which the feet are brought forwards and backwards in a jumping motion
S-R connection noun (in psychology) the relationship between a stimulus and a response
stabilise verb (in immediate care) to make sure that a casualty has a healthy breathing pattern and pulse and that he or she is in a comfortable position while awaiting medical attention
stabilisers plural noun any muscles that provide stability while performing a movement
stability control noun a feature of running shoes designed to reduce overpronation
stability last noun same as straight last
stadium noun a place where people watch sports or other activities, usually a large enclosed flat area surrounded by tiers of seats for spectators
stamina noun enduring physical or mental energy and strength that allows somebody to do something for a long time
stamina training noun training that is designed to build stamina for competition
stance noun the position in which a player holds the body in attempting to hit a ball, e.g. in cricket or golf
standard last noun a last with an average curve, suitable for all runners. Compare straight last, performance last
standing jump noun a jump performed from a static standing position, with no momentum gained from a run-up
stand-off half noun same as fly-half
starch noun the usual form in which carbohydrates exist in food, especially in bread, rice and potatoes
starchy adjective containing a lot of starch
star jump noun an exercise in which a person jumps in the air with legs apart and arms extended out from the shoulder in a comparable direction
starter noun someone who gives the signal for a race to start
starting blocks plural noun either of a pair of objects that runners brace their feet against at the start of a sprint race. The blocks are made up of a base that can be firmly fixed to the track and angled supports for the runners’ feet.
starting drill noun a drill performed at the start of a training session, as a warm-up or to check skill levels before training

starting grid noun a pattern of lines marked on a motor racing track, with numbered starting positions. The cars that record the fastest times in practice or qualifying occupy the front positions.

starting gun noun a gun fired as the signal for a race to start

starting line noun a line marked across a racetrack to show runners where to start

starting line-up noun an official list of the players who will begin a game or the competitors who will begin a race

stasis noun a condition in which body fluids such as blood are prevented from flowing normally through their channels

state registered podiatrist noun a healthcare provider who specialises in disorders of the feet and lower legs

static active stretch noun same as active stretch

static conditioning noun conditioning of muscles through a series of controlled movements, as in a gym

static contraction noun the practice of contracting a muscle against resistance and then holding the contraction for a set length of time

static passive stretch noun same as passive stretch

static strength noun force exerted by a muscle while it is neither extending nor contracting

static stretching noun stretching in which a position that stretches a muscle is assumed and then held

stationary bike noun same as exercise bike

staunch verb to stop the flow of a liquid, particularly blood

steady adjective constant and unchanging

steatosis noun the accumulation of fat in an internal organ such as the liver, caused by diseases and exposure to toxins

steeplechase noun 1. a horse race run over a course that has constructed obstacles, e.g. hedges, ditches and water jumps, that the horses must jump over 2. an athletics event in which runners must jump over very high hurdles and a water jump

step aerobics noun a form of aerobic exercise in which the participants step up and down to music, using a low platform

step block noun a solid block used for step aerobics

step machine noun a type of exercise machine with two large pedals that are depressed alternately to imitate the action of stepping

steristrip noun an adhesive piece of tape used for closing an open wound

sternum noun same as breastbone

steroid, steroid hormone noun any of a large group of natural or synthetic fatty substances containing four carbon rings, including the sex hormones. ‘anabolic’ steroid

stick noun the implement with which the ball is struck in some sports, e.g. hockey and lacrosse

stick-handle verb (in ice hockey and lacrosse) to control and manoeuvre a ball or puck using a stick

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sticking point *noun* the most difficult part of a movement

**stick tackle** *noun* (in hockey) an illegal challenge in which a player hits another player’s stick instead of the ball

**sticky wicket** *noun* (in cricket) a pitch that has been made wet by rain and is in the process of being dried by sun, providing a surface on which the ball bounces awkwardly when it pitches

**stiff** *adjective* not able to be bent or moved easily

**stiffness** *noun* the fact of being stiff

**stimulant** *noun* something such as a drug that produces a temporary increase in the activity of a body organ or part

**stimulant drink** *noun* a drink that contains stimulants, typically caffeine

**stimulate** *verb* to make a person or organ react, respond or function

**stimulation** *noun* the action of stimulating something

**stimulus** *noun* something that has an effect on a person or a part of the body and makes them react (NOTE: The plural is *stimuli*.)

**stinger** *noun* same as *brachial plexus neurapraxia*

**stitch** *noun* 1. same as *suture* 2. cramp in the side of the abdomen caused e.g. by exercising

**stock car** *noun* a standard passenger car that has been modified for professional racing

**Stokes-Adams syndrome** *noun* episodes of temporary dizziness or fainting caused by disruption or extreme slowing of the heartbeat and consequent brief stoppage of blood flow

**stomach crunch** *noun* an exercise in which you lie flat on your back with your legs bent and then raise the upper part of your body a few centimetres off the ground without using your hands

**stone** *noun* the shaped and polished mass of granite or iron that is slid along the ice in the game of curling

**stoppage** *noun* a time during which the play in a game, especially football or rugby, is briefly halted, because of an injury to a player or other situation

**stoppage time** *noun* especially in football or rugby, extra time played at the end of a game to make up for time lost in dealing with injured players or through other interruptions

**stopwatch** *noun* a special watch that can be started and stopped instantly and is used to measure the amount of time somebody or something takes, e.g. a runner in a race

**storming** *noun* the second stage of team development according to the Tuckman model, in which individual preferences are raised and the conflicts resolved

**straight last** *noun* a last which is slightly less inwardly curved than average, suitable for runners with flat feet. Compare *standard last, performance last*

**straight sets** *plural noun* sets of exercises with only a short rest interval between them

**strain** *verb* to damage a part of the body through using it too hard or too much • *noun* 1. a condition in which a muscle has been stretched or torn by a strong or sudden movement 2. nervous tension and stress

**strategy** *noun* a carefully devised plan of action to achieve a goal, or the art of developing or carrying out such a plan

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strength noun the fact of being strong

strength training noun training that aims to build muscle strength, usually resistance training

strenuous adjective used for describing exercise that involves using a lot of force

stress noun 1. physical pressure on an object or part of the body 2. a factor or combination of factors in a person’s life that make him or her feel tired and anxious 3. a condition in which an outside influence such as overwork or a mental or emotional state such as anxiety changes the working of the body and can affect the hormone balance

stress fracture noun a fracture of a bone caused by excessive force. Also called fatigue fracture

stress management training noun professional counselling that explores the reasons for which an athlete suffers from stress and suggests coping mechanisms to reduce this. Abbreviation SMT

stress test noun an athletic test that determines a person’s training zone by pushing them to the point of exhaustion

stretch verb to pull something out, or make something longer 1. the straightening and extending of a part of the body, e.g. as an exercise 2. the straight part of a racecourse, especially the final section approaching the finishing line

stretchband noun a piece of equipment like a soft extensor, used for stretching out muscles

stretcher noun a device consisting of a sheet of material such as canvas stretched over a frame, used to carry someone in a lying position who is sick, injured or dead

stretch marks plural noun lines on the skin caused by losing or gaining weight rapidly

stretch reflex noun a reflex reaction of a muscle that contracts after being stretched

stria noun a pale line on skin that is stretched, as is sometimes observed in obese people (NOTE: The plural is striae.)

striated muscle noun a type of muscle found in skeletal muscles whose movements are controlled by the central nervous system. Also called striped muscle

striations noun deep ridges in muscles tissue visible through the skin

stridor noun a wheezing sound when breathing, made by the passage of air through narrowed airways

striker noun an attacking player in a football team whose main role is to score goals

strike shield noun a large pad used for target practice by boxers and martial artists

stringer noun a member of a team who is ranked according to excellence or skill

stringy adjective unattractively thin, with bones or muscles showing beneath the skin

strip noun same as football strip

striped muscle noun same as striated muscle

stroke noun 1. (in racket games or golf) the hitting of a ball or the way in which this is done 2. a style of swimming, using the arms and legs in a specific way 3. a single complete movement of the arms and legs when swimming 4. (in rowing) a single movement of the oars through the water 5. a rower in a racing boat who sets the pace for the crew 6. a sudden blockage or breaking of a blood vessel in the brain that can result in loss of consciousness, partial loss of movement or loss of speech 7. verb 1. to hit or kick a ball smoothly 2. to be the rower who sets the pace for the crew 3. to row at a particular speed or rate of the oars

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stroke volume noun the amount of blood pumped out of the ventricle at each heart-beat

structural aluminium malleable splint noun full form of SAM splint

structural exercise noun an exercise that works more than one large muscle or muscles groups

studs plural noun small protuberances on the sole of a sports shoe, designed to give better grip

stump noun (in cricket) each of the three upright posts that form part of the wicket

styptic adjective slowing down the rate of bleeding or stopping bleeding altogether, whether by causing the blood vessels to contract or by accelerating clotting

subaqua adjective relating to or providing facilities for underwater sports such as subaqua diving

subcutaneous adjective under the skin. Abbreviation s.c.

subdural haematoma noun a blood clot over the brain caused by a head injury, usually fatal if left untreated

subluxation noun same as dislocation

submaximal adjective not at maximum intensity or effort

submaximal testing noun testing performed on a person exercising at below the maximum intensity

submaximal workload noun a workout performed at below maximum intensity

subperiosteal adjective immediately beneath the connective tissue around bones

subskill noun a specialised skill within a broader, more general skill

substance abuse noun the excessive consumption or misuse of a substance, especially drugs or alcohol, for the sake of its non-therapeutic effects on the mind or body

substance P noun a peptide found in body tissues, especially nervous tissue, that is involved in the transmission of pain and in inflammation

substantive injury noun a sports injury that needs medical attention, resulting in lost game time for the player

substitute noun a player brought onto the field during a team game to replace a player who has left the field through injury

substitution noun the replacement of someone or something with another, especially one team member with another on the field

success noun 1. the fact of doing something well, or doing what you set out to achieve 2. something that goes well

successful adjective working well or achieving a desired goal

success-orientated adjective used for describing a competing athlete who is keen to win in order to have the joy of succeeding, rather than to avoid the disappointment of failing

sucrose noun a sugar, formed of glucose and fructose, found in plants, especially in sugar cane, beet and maple syrup

sudden cardiac death noun unexpected heart failure in an otherwise healthy athlete, caused by a heavy blow to the chest

sudden death noun the continuation of play in a tied sports contest until one team or player scores, that team or player being declared the winner
sugar noun any of several sweet carbohydrate substances that occur naturally
sugar-free adjective not containing sugar
Summer Olympics noun the Olympic event that takes place during the summer of an Olympic year. Compare Winter Olympics
sumo wrestling noun traditional Japanese wrestling in which each contestant tries to force the other outside a circle or force him to touch the ground other than with the soles of his feet
superfood noun a nutritionally rich food that is eaten for health
super heavyweight noun (in amateur boxing) the heaviest weight category, for competitors whose weight is over 91 kg
superior adjective used for describing a body part that is situated in the upper half of the body
superleague noun an international rugby league competition that was introduced alongside or superseded various national rugby league competitions
supinate verb to fail to roll the foot inwards slightly while running
supination noun ineffective rolling inward of the foot while running, with the result that the foot is inadequately cushioned
supine adjective 1. lying on the back. Opposite prone 2. used for describing the position of the arm with the palm facing upwards
supplement noun 1. a substance with a specific nutritional value taken to make up for a real or supposed deficiency in diet 2. a substance added to improve the nutritional content of a diet or foodstuff
supplementation noun the act of enriching a diet or a foodstuff with nutritional supplements
supplement stacking noun the practice of taking multiple bodybuilding supplements at the same time
support bandage noun an elastic wrap used for protecting parts of the body from injury during sports or support it during recovery
surface noun the type of ground that a sport is played on
surfboard noun a long narrow board, with a rounded or pointed front end, on which a surfer stands while riding waves
surfing noun to ride waves on a surfboard for sport or recreation
surgical emphysema noun trapped air present in bodily tissues as a result of a open wound or surgical procedure
suspensory noun 1. a ligament or muscle from which a structure or part is suspended 2. something that holds part of the body in position while it heals, e.g. a bandage or a sling
suture noun 1. a fixed joint where two bones are fused together, especially the bones in the skull 2. a procedure for attaching the sides of an incision or wound with thread, so that healing can take place. Also called stitch 3. a thread used for attaching the sides of a wound so that they can heal
svelte adjective graceful and slender
sweat noun 1. a salty liquid produced by the sweat glands to cool the body as the liquid evaporates from the skin. Also called perspiration 2. a run that a horse has before a race, as exercise
sweatband noun a strip of terry towelling worn around the head or wrists to stop sweat running into the eyes or onto the hands while playing sport

sweat suit noun a semi-permeable or impermeable suit worn during exercise to acclimatise the wearer to hot temperatures

Swedish massage noun a system of massage employing both active and passive exercising of the muscles and joints

sweep verb (in cricket) to hit a ball from a half-kneeling position by bringing the bat, held almost horizontally, across the body with a long smooth stroke

sweet spot noun the most effective place to hit the ball on a racket, bat, club or other piece of sports equipment

swell verb to become larger, or cause something to become larger

swelling noun a condition in which fluid accumulates in tissue, making the tissue become large

swim verb to move or propel yourself unsupported through water noun a period of time spent swimming, usually for pleasure or exercise

swimmer noun a person who swims for pleasure or sport

swimmer’s ear noun same as otitis externa

swimming noun the action or activity of making progress unsupported through water using the arms and legs, whether for pleasure, exercise or sport

swimming pool noun a water-filled structure in which people can swim, usually set into the ground outdoors or the floor indoors, or a building that houses such a structure

swimsuit noun a piece of clothing worn for swimming, especially a one-piece garment worn by women

swingball noun a game for two players who use their hands to hit in opposite directions a ball that is on a length of rope attached to the top of a pole

Swiss ball noun same as exercise ball

switch adjective (in skateboarding and similar sports) used for describing a stance in which the foot that the rider usually puts nearer the front is nearer the back

swollen adjective 1. increased in size 2. containing more water than usual

sympathetic adjective 1. feeling or showing shared feelings, pity or compassion 2. relating to or belonging to the sympathetic nervous system, or to one of its parts

sympathetic nervous system noun one of two complementary parts of the nervous system that affects involuntary functions. Compare autonomic nervous system (NOTE: It is activated by danger or stress and causes responses such as dilated pupils and a rapid heart rate.)

sympatholytic adjective describes a drug that opposes or blocks the effects of the sympathetic nervous system

sympathomimetic adjective used for describing a drug such as dopamine hydrochloride that stimulates the activity of the sympathetic nervous system and is used in cardiac shock following myocardial infarction and in cardiac surgery

symphysis noun 1. the point at which two bones are joined by cartilage that makes the joint rigid 2. a condition in which two or more separate bones or parts of the body have merged

synapse noun a point in the nervous system where the axons of neurons are in contact with the dendrites of other neurons

synaptic adjective relating to a synapse
synaptic cleft noun the small space between neurons through which neurotransmitters travel

synarthrosis noun a joint between tissues, typically bone, that is fixed and does not allow movement

synbiotic noun a supplement consisting of both a probiotic and a prebiotic

synchondrosis noun a joint, as in children, where the bones are linked by cartilage, before the cartilage has changed to bone

synchronised swimming noun a sport in which swimmers perform coordinated movements in time to music in the manner of a dance

syncope noun a loss of consciousness due to lack of oxygen to the brain

syndesmosis noun a joint in which the bones are tightly linked by ligaments

synergist noun same as antagonist

synergistic effect noun a reaction that needs two or more substances in combination to take place

synergy noun a situation where two or more things are acting together in such a way that both are more effective

synovial fluid noun a fluid secreted by a synovial membrane to lubricate a joint

synovial joint noun a joint where the two bones are separated by a space filled with synovial fluid which nourishes and lubricates the surfaces of the bones

synovial membrane noun a smooth membrane that forms the inner lining of the capsule covering a joint and secretes the fluid that lubricates the joint

synovitis noun inflammation of the synovial membrane

synovium noun the lining of the joints, which can become inflamed

synthesis noun the formation of compounds through chemical reactions involving simpler compounds or elements

synthesise verb to produce a substance or material by chemical or biological synthesis

synthetic adjective artificial, not natural

syssarcosis noun the joining of bones by muscle

systematic desensitisation noun a therapy for phobias and other anxiety disorders in which patients are gradually given longer and longer exposures to the object of their fears

systemic circulation noun the circulation of blood around the whole body, except the lungs, starting with the aorta and returning through the venae cavae

systole noun a phase in the beating of the heart when it contracts as it pumps blood out. Opposite diastole

systolic adjective relating to the systole

systolic blood pressure noun the pressure of blood in a person’s artery when the heart rests between beats, shown written under the diastolic blood pressure reading. Compare diastolic blood pressure

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table tennis noun a game that resembles tennis and is played with small bats and a light hollow ball on a table divided by a low net

tachycardia noun a rapid heartbeat, sometimes linked to anaemia and vitamin B1 deficiency

tachypnoea noun rapid breathing of the kind that takes place after physical exertion, distinct from hyperventilation in that it is not excessive

tackle noun 1. in football, hockey and some other games, a physical challenge against an opposing player who has the ball, puck, or other object of possession 2. the equipment used for a specialised activity such as angling or rock climbing 3. (in American football) a lineman positioned between a guard and an end, or the position of such a player ■ verb (in football, hockey and some other games) to make a physical challenge against an opposing player who has possession of the ball, puck or other object of play

tactics plural noun the art of finding and implementing means to achieve immediate or short-term aims

tae bo noun a fitness regime based on exercising to music, involving movements that derive from martial arts such as taekwondo

taekwondo noun a Korean martial art that resembles karate but also employs a wide range of acrobatic kicking moves

taenia noun 1. a long ribbon-like part of the body 2. a large tapeworm

tag team noun a team of two or more wrestlers, only one of whom may wrestle at a time. Wrestlers can change places only after touching hands.

tai chi noun a Chinese form of physical exercise characterised by a series of very slow and deliberate balletic body movements

TAIS abbreviation Test of Attentional and Interpersonal Style

talent scout noun somebody whose job is to search for people who have exceptional abilities and recruit them for professional work. Also called scout

talk test noun a test of aerobic capacity in which the athlete must try to maintain a conversation while exercising

talus noun the top bone in the tarsus which articulates with the tibia and fibula in the leg, and with the calcaneus in the heel. Also called anklebone (NOTE: The plural is tali.)

tandem noun a bicycle with two saddles and two sets of handlebars and pedals, one behind the other, so that it can be ridden by two people at the same time ■ adjective describes sports activities undertaken by two people together, usually positioned one behind the other, especially when one person is a novice
tapering

**tapering noun** a reduction in training intensity shortly before a major competition to give the mind and body time to relax and prepare

**taping noun** the practice of wrapping supportive tape around areas of the body during sport to protect them from injury or aid recovery from a previous injury

**tapotement noun** a type of massage in which the therapist taps the person with his or her hands

**target heart rate noun** the heart rate at which a person should aim to exercise in order to maximise the effects of the exercise

**target training zone, target zone noun** same as training zone

**tarsal adjective** relating to the ankle

**tarsal tunnel syndrome noun** compression of a nerve in the foot, causing pain, tingling and a burning sensation

**tarsus noun** 1. the seven small bones of the ankle 2. a connective tissue that supports an eyelid (NOTE: The plural is tarsi.)

**task noun** a single piece of work that someone has to do

**task-specific adjective** used for describing a skill that is applicable only to particular task and rarely replicated elsewhere, e.g. the skill of swinging a golf club or throwing a javelin

**taurine noun** an amino acid that forms bile salts

**taxis noun** the manipulating of a displaced body part to return it to its normal position, carried out, e.g., in a case of hernia

**TE abbreviation** Trolox equivalent

**team noun** a group of people who work together

**team-building noun** the process of bringing individuals together into a cohesive and effective team

**team dynamic noun** the interpersonal relationships within a team

**teammate noun** a player on the same team as someone else

**team sport noun** any sport that is played between two or more teams, e.g. football, tennis or hockey

**teamwork noun** cooperative effort by the members of a team

**tear verb** to make a hole or a split in a tissue by pulling or stretching it too much

**technical foul noun** in basketball, a foul against a player or coach for unsporting behaviour or language rather than for physical contact with an opponent

**technical knockout noun (in boxing)** a decision that ends a match because one of the participants is too badly injured to continue fighting

**technique noun** a way of performing an action

**technique analysis noun** same as biomechanical analysis

**telemark skiing noun** same as freeheel skiing

**telemetry noun** a method of measuring a person’s heart rate continuously using wires attached to the chest

**tempo manipulation noun** control of the speed at which reps of an exercise are performed
tender adjective hurting or unusually sensitive when touched or pressed

tendinitis noun an inflammation of a tendon, especially after playing sport, and often associated with tenosynovitis

tendinopathy noun any pain felt in a tendon

tendinous adjective relating to, consisting of or resembling a tendon

tendon noun a sinew or strand of strong connective tissue that attaches a muscle to bone

tendo-osseus junction noun same as enthesis

tennis noun a game played on a rectangular court by two players or two pairs of players, who use rackets to hit a ball back and forth over a net stretched across a marked-out court

tennis ball noun a white or yellow fuzzy cloth-covered hollow rubber ball about 7.5 cm/3 in in diameter, used in tennis. In lawn tennis the ball is pressurized.

tennis elbow noun same as lateral epicondylitis

tenosynovitis noun a painful inflammation of the tendon sheath and the tendon inside. Also called peritendinitis

tenotomy noun the surgical cutting of a tendon

ten-pin bowling noun an indoor game in which players try to knock down ten skittles at the far end of a special bowling alley by rolling a heavy ball at them

TENS noun pain treatment that works by interrupting normal pain signals sent by the nerve to the brain, which may also promote healing and muscle strength. Full form of transcutaneous electrical nerve stimulation

tense verb to become tense, or make something such as a muscle or part of the body become tense

tension noun the act of stretching or the state of being stretched

tension pneumothorax noun a collapse of the lung caused by seepage of air into the space around the lung

tensor noun a muscle that makes a joint stretch out. Compare extensor, flexor

tent noun a cone-shaped expandable plug of soft material such as gauze used to keep a wound or orifice open

terbutaline noun a beta-agonist used for treating lung disorders such as emphysema and asthma by dilating the airways

terrain board noun same as mountain board

testicle shrinkage noun a reduction in the size of the testicles, a common side-effect of steroid abuse that interferes with natural testosterone production

test match noun any of a series of cricket or rugby matches between two international teams

Test of Attentional and Interpersonal Style noun a test that measures how athletes perform in different situations according to their personality types. Abbreviation TAIS

testosterone noun a male steroid hormone produced in the testicles and responsible for the development of secondary sex characteristics

tetanus noun an acute infectious disease, usually contracted through a penetrating wound, that causes severe muscular spasms and contractions, especially around the neck and jaw

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tetherball

**tetherball** noun same as **swingball**

**tetracosactide** noun a synthetic hormone that acts on the adrenal glands to stimulate the production of steroid hormones

**tetracosactide** noun full form of **THG**

**textured vegetable protein** noun a substance made from processed soya beans or other vegetables, used as a substitute for meat. Abbreviation **TVP**

**TFCC** abbreviation triangular fibrocartilage complex

**Thai pad** noun a heavy-duty pad used for training in kickboxing

**thalamus** noun either of a pair of egg-shaped masses of grey matter lying beneath each cerebral hemisphere in the brain that relay sensory information to the cerebral cortex

**therapeutic** adjective used in the treatment of disease or disorders

**therapeutic food** noun an enriched food product that is used as a nutritional supplement for elderly people or people who are ill

**therapeutics** noun the branch of medicine that deals with methods of treatment and healing, especially the use of drugs to treat diseases

**therapeutic use exemption** noun official permission for an athlete to use a banned substance, on the grounds that it is needed to treat a medical condition

**thermal effect of food** noun same as **diet-induced thermogenesis**

**thermogenesis** noun the process in which food or fat deposits in the body are burned to produce heat

**thermogenic** adjective used for describing a food supplement that raises the metabolic rate and causing thermogenesis

**thermoreceptor** noun a sensory nerve which registers heat

**thermoregulation** noun the control of body temperature by processes such as sweating and shivering

**thermotherapy** noun treatment using heat, e.g. from hot water or infrared lamps, to treat conditions such as arthritis and bad circulation. Also called **heat therapy**

**THG** noun a banned anabolic steroid that has been implicated in several scandals involving top athletes. Full form **tetrahydrogestrinone**

**thiamin** noun vitamin B1

**thiazide** noun a compound that inhibits the reabsorption of sodium, promoting greater water excretion, used for the treatment of high blood pressure

**thigh** noun the top part of the leg from the knee to the groin

**thigh bone** noun same as **femur**

**thigh support** noun an elastic wrap used for supporting the thigh and prevent injury or aid rehabilitation

**thirst** noun a feeling of wanting to drink

**thirsty** adjective wanting to drink

**thoracic** adjective relating to the upper back

**thoracic cavity** noun the chest cavity, containing the diaphragm, heart and lungs

**thoracic outlet syndrome** noun compression of the nerves and blood vessels running between the neck and armpit, which can be caused by muscle overdevelopment in the area
thorax noun same as chest
thash verb to defeat a person or team decisively (informal)
threonine noun an essential amino acid
threshold noun 1. the point at which something starts, e.g. where something can be perceived by the body or where a drug starts to have an effect 2. the point at which a sensation is strong enough to be sensed by the sensory nerves
thrombin noun a blood protein that activates blood clotting
thrombocyte noun same as platelet
throw verb to lose a fight, race or contest deliberately, e.g. by not trying or by committing a foul (informal)
throw-in noun 1. an act of returning a football to play from the sideline by propelling it from behind the head with both hands 2. an act of returning a basketball to play by passing it onto the court
thyrocalcitonin noun same as calcitonin
thyroid gland noun an endocrine gland in the neck that secretes a hormone that regulates the body’s metabolism
thyroid hormone noun a hormone produced by the thyroid gland
thyrotoxicosis noun same as hyperthyroidism
tibia noun the larger of the two long bones in the lower leg between the knee and the ankle. Also called shinbone
tic noun a sudden involuntary spasmodic muscular contraction, especially of facial, neck or shoulder muscles, which may become more pronounced when someone is stressed
tidal air, tidal volume noun the volume of air that passes in and out of the body during normal breathing
tie noun a single game in a competition
Tietzes syndrome noun same as costochondritis
tights noun a one-piece close-fitting garment covering the body from the neck or waist to the feet, worn especially by men and women dancers and acrobats
timekeeper noun a recorder of the time elapsed during a sporting event
time trial noun a race in which competitors compete individually for the fastest time
time-wasting noun the employment of negative tactics to prevent an opponent from scoring towards the end of a match, for which a player may be penalised in some situations
tinea noun same as ringworm
tinea cruris noun a fungal infection of the groin, sometimes caused by spending extended periods of time in wet sports clothing
tinea pedis noun same as athlete’s foot
tissue noun a type of substance that the body is made up of, e.g. skin, muscle or nerves
tissue adhesive noun a substance in place of sutures used for closing and sealing open wounds
tissue repair noun the rebuilding of damaged body tissues using dietary nutrients to synthesise new tissue
titin noun an elastic connective protein found in muscle fibres
**Title**

**noun** the status of champion in a sport or competition

**Title Fight**

**noun** a battle for the status of champion in a sport or competition

**TOBEC**

**noun** a way of measuring the amount of fat in the body using the difference in electrical conductivity between fat and lean tissue. Full form **total body electrical conductivity**

**Toboggan**

**noun** a long narrow sledge without runners, made of strips of wood running lengthways and curled up at the front, used for coasting downhill on snow

**Tolerance**

**noun** the loss of or reduction in the usual response to a drug or other agent as a result of use or exposure over a prolonged period

**Tone**

**noun** the slightly tense state of a healthy muscle when it is not fully relaxed. Also called **tonicity, tonus**

**Tone Up**

**verb** to make muscles firmer and stronger

**Tonic**

**adjective** relating to or affecting muscular tone or contraction

**Tonicity**

**noun** same as **tone**

**Tonus**

**noun** same as **tone**

**Topsin**

**noun** forward spin given to a ball by hitting it on its upper half, making it arc more sharply in the air or bounce higher on impact

**Torque**

**noun** the force that an object such as a lever exerts on something to cause it to rotate

**Torsion**

1. **noun** the twisting of something, or a twisted state
2. **noun** the stress placed on an object that has been twisted

**Torso**

**noun** the main part of the body, not including the arms, legs and head

**Torticollis**

**noun** a stiffness and deformation of the neck caused by swelling around the muscle

**Total Body Electrical Conductivity**

**noun** full form of **TOBEC**

**Total Body Workout**

**noun** a workout that does not concentrate on one particular area of the body

**Total Energy Expenditure**

**noun** the number of calories needed to maintain the body’s normal function during all normal activities over the course of a day

**Total Football**

**noun** a style of football in which players’ positions are interchangeable as part of a general method of attack. This playing style was developed by the Dutch national team of the 1970s.

**Touch**

**noun** in some team sports, the area beyond the touchlines in which the ball is out of play

**Touchdown**

1. **noun** in American football, a scoring of six points achieved by being in possession of the ball behind an opponent’s goal line
2. **noun** in rugby, a touching of the ball on the ground that scores a try

**Touch Football**

**noun** an informal noncompetitive version of American football in which touching replaces tackling

**Touch Judge**

**noun (in rugby)** either of the two assistant referees whose main task is to decide when and where the ball has gone into touch

**Touchline**

**noun** especially in rugby or football, either of the lines that mark the side boundaries of a playing area

**Tour**

**noun** a series of games or tournaments played by the same sports team in different locations

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**WWW.AEL.AF**
211 training to failure

**tour de force** *noun* something done with supreme skill or brilliance

**trabecula** *noun* a thin strip of stiff tissue that divides an organ or bone tissue into sections (NOTE: The plural is trabeculae.)

**trabecular** *adjective* same as cancellous

**trace element** *noun* a substance that is essential to the human body but only in very small quantities, e.g. iron, copper and iodine

**trachea** *noun* the main air passage that runs from the larynx to the lungs, where it divides into the two main bronchi. Also called windpipe

**track** *noun* a surface on which athletes run, usually a prepared surface with long straight sides and rounded ends, divided into lanes

**track-and-field** *noun* same as athletics

**track cycling** *noun* competition cycling indoors around a steeply banked oval track with a surface of wooden strips

**track event** *noun* a sports competition that takes place on a running track

**track record** *noun* a record set at a specific sports arena, as opposed to a national or international record

**traction** *noun* a procedure that consists of using a pulling force to straighten a broken or deformed limb

**train** *verb* to prepare for a sporting competition, or prepare someone for a sporting competition, usually with a planned programme of appropriate physical exercises

**trainer** *noun* same as personal trainer

**trainers** *plural noun* shoes designed to be worn during athletic activities or exercising, but worn with casual clothing for any activity

**training** *noun* the process of improving physical fitness by exercise and diet

**training arena** *noun* the place in which an athlete trains, which may differ in important ways from the contest arena

**training cycle** *noun* for a professional athlete, a phase of training which is repeated at regular intervals, such as weekly

**training effect** *noun* an increase in muscle strength or size caused by training

**training manual** *noun* a book that gives practical advice on exercise and training

**training programme** *noun* a coordinated programme of exercise designed to make an athlete fit for competition

**training response** *noun* an increase in aerobic capacity, strength, flexibility or body shape caused by exercise

**training routine** *noun* the usual exercises that an athlete performs each time he or she trains

**training session** *noun* a period of time during which an athlete trains, either alone, with a trainer or with their team

**training shoes** *plural noun* same as trainers

**training straps** *plural noun* any of various types of strap designed for isolating or supporting an area of the body, especially in weightlifting or bodybuilding

**training to failure** *noun* the practice of performing an exercise until it is physically impossible to do another rep
training zone

training zone noun the heart rate range within which a person should aim to exercise for maximum effect

trampette noun a small trampoline used as a home exercise tool

trampoline noun a strong sheet, usually of canvas, that is stretched tightly on a horizontal frame to which it is connected by springs

trampolining noun the activity of performing acrobatics on a trampoline

transcutaneous electrical nerve stimulation noun full form of TENS

transdermal adjective used for describing nutrients that are able to be absorbed through the skin

trans fatty acids plural noun unsaturated fats formed during the hydrogenation of vegetable oils to produce margarine, viewed as a health risk because they raise cholesterol levels

transfer verb 1. to pass from one place to another, or cause someone or something to pass from one place to another 2. especially in professional football, to sign for a different sports club, or sign someone for a different sports club a noun the act moving of someone or something from one place to another

transferable skill noun a skill that is not limited to a specific area of knowledge or task and is useful in many situations

transfer fee noun a fee that is paid for a professional footballer or rugby player who is transferred from one club to another before his or her contract has expired

transfer list noun a list of professional footballers or rugby players who are available to be transferred

transfusion noun the procedure of transferring blood or saline fluids from a container into someone’s bloodstream

transgenic adjective 1. used for describing an organism into which genetic material from a different species has been transferred using the techniques of genetic modification 2. used for describing the techniques of transferring genetic material from one organism to another

transient ischaemic attack noun a temporary blockage of blood circulation in some part of the brain, causing short-term stroke symptoms such as dizziness, inability to speak or move, or loss of senses

transverse chest width noun an anthropometric measure of chest breadth

transverse plane noun a plane at right angles to the sagittal plane, running horizontally across the body

trapeze noun a horizontal bar attached to the ends of two ropes hanging parallel to each other, used for gymnastics or for acrobatics, especially in a circus

trapezium noun one of the eight small carpal bones in the wrist, below the thumb (NOTE: The plural is trapeziums or trapezia.)

trapezius noun a triangular muscle in the upper part of the back and the neck that moves the shoulder blade and pulls the head back

trapezoid noun a small bone in the wrist near the metatarsal bone that connects with the index finger

traps abbreviation trapezius

trauma noun 1. a wound or injury 2. a very frightening or distressing experience that gives a person a severe emotional shock

traumatise verb to cause physical injury to someone or something
traumatology noun the branch of medicine that deals with serious injuries and wounds and their long-term consequences
tread noun a series of patterns moulded into the surface of a tyre to provide grip	treadmill noun a machine with an endless belt on which someone can walk, jog or run, used for exercise and stress testing	treadmill test noun a test of oxygen consumption in which a treadmill is used	triage noun the process of prioritising sick or injured people for treatment according to the seriousness of the condition or injury	trial noun a sports competition or preliminary test to select candidates for a later competition	trialist, triallist noun a sports player or competitor who is given a chance to prove worthy of being included in a team for a major competition	triamcinolone noun a synthetic corticosteroid drug used in the treatment of skin, mouth and joint inflammations	triangular fibrocartilage complex noun a set of ligaments and cartilage joining the hand to the wrist below the little finger, vulnerable to twists and sprains during sporting activities. Abbreviation TFCC	triathlete noun an athlete who competes in triathlons	triathlon noun an athletics competition in which the contestants compete in three different events and are awarded points for each to find the best all-round athlete. The events are usually swimming, cycling and running.
tribunal noun a panel that makes a ruling following drug testing	triceps noun a muscle formed of three parts joined to form one tendon, especially the triceps brachii at the back of the upper arm	triceps brachii noun a muscle in the back part of the upper arm which makes the forearm stretch out	triceps pushdown noun an exercise in which the forearms are held horizontally out in front at waist height and are pushed down against resistance to a vertical position	triceps tendonitis noun strain of the tendon connecting the triceps muscles to the elbow, usually caused by repetitive throwing motions
tricuspid valve noun an inlet valve with three cusps between the right atrium and the right ventricle in the heart
trigeminal nerve noun the fifth cranial nerve, formed of the ophthalmic nerve, the maxillary nerve and the mandibular nerve, which controls the sensory nerves in the forehead, face and chin, and the muscles in the jaw
trigger point noun a small area of muscle that has been subjected to repeated stresses and is painful and hypersensitive
trimming down noun same as cutting up
Tri Nations adjective used for describing a rugby union competition between the national sides of Australia, New Zealand and South Africa
triple crown noun 1. victory in all three of a set of major events in some sports 2. (in rugby) victory in the home championships contested between England, Ireland, Scotland and Wales by one team over the other three in the same season 3. the accomplishment of leading a baseball league in batting average, runs batted in, and home runs in a single season

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triple jump noun an athletics event in which contestants perform a short run and three consecutive jumps, landing first on one foot, then the opposite foot, and finally both feet, in continuous motion
trochanter noun two bony lumps on either side of the top end of the femur where muscles are attached
trochanteric bursitis noun bursitis at the top of the thighbone
trochlea noun an anatomical part or structure with a grooved surface that resembles a pulley, especially the surface of a bone over which a tendon passes
trochlear nerve noun the fourth cranial nerve which controls the muscles of the eyeball
Trolox noun a derivative of vitamin E that functions as an antioxidant
Trolox equivalent noun vitamin E derivatives with the same antioxidant properties as Trolox, measured in oxygen radical absorbance capacity tests. Abbreviation TE
trophic adjective relating to nutrition, digestion and growth
trophic hormone noun a hormone that stimulates an endocrine gland
trophology noun the study of dietary requirements in humans and animals
troponosis noun any disease or disorder caused by nutritional deficiencies
trophotherapy noun treatment of a condition using appropriate foods
true rib noun one of the top seven pairs of ribs that are attached to the breastbone. Compare false rib
trunk noun same as torso
try noun (in rugby) a score achieved by touching the ball on the ground behind the line of the opposing team’s posts (NOTE: Five points are scored for a try in rugby union, and four points in rugby league.)
trypsin noun a protein-digesting enzyme secreted by the pancreas
trypsin inhibitor noun a substance found in some beans that inhibits the action of trypsins
tube bandage noun an elastic bandage in the shape of a tube that fits tightly over a limb to support it
tuberosity noun a large lump on a bone
tuck noun a compact body position, adopted in sports such as diving, with the knees drawn up to the chest, the hands round the shins, and the chin held on the chest
Tuckman model noun a four-stage model of team development, with the four stages labelled ‘forming’, ‘storming’, ‘norming’ and ‘performing’. s forming, storming, norming, performing
tug of war noun an athletic contest in which two teams pull at opposite ends of a rope, the winner being the one who drags the other across a fixed line
tumble verb to perform athletic or gymnastic leaps, rolls or somersaults ■ noun an athletic or gymnastic leap, roll or somersault
tyrosine noun an amino acid in protein that is a component of thyroxine and is a precursor to the catecholamines dopamine, noradrenaline and adrenaline
U

**U&Es plural noun** blood tests of the body’s chemistry used for determining the general health of a patient and, specifically, kidney and lung function, effects of medications and state of hydration. Full form **urea and electrolytes**

**ulcer noun** an open sore in the skin or in a mucous membrane that is inflamed and difficult to heal

**ulna noun** the longer and inner of the two bones in the forearm between the elbow and the wrist

**ulnar collateral ligament sprain noun** pain and restricted motion in the thumb caused by accidentally bending it back too far

**ulnar nerve noun** a nerve that runs from the neck to the elbow and controls the muscles in the forearm and some of the fingers

**ulnar neuropathy noun** tingling and numbness in the wrist and hand caused by repeated stress on the wrist, often suffered by cyclists

**Ultimate Frisbee noun** a team sport played with a Frisbee that combines some of the rules of football, netball and rugby

**ultrasound treatment noun** treatment for injured muscles and soft tissues that sends sound waves into the body, generating heat

**umpire noun** an official who supervises play and enforces the rules of the game in some sports, e.g. cricket and baseball

**unchallenging adjective** demanding little or no physical or psychological effort of a stimulating kind

**unconscious adjective** unable to see, hear or otherwise sense what is going on, usually temporarily and often as a result of an accident or injury

**undamaged adjective** not harmed physically or psychologically

**underarm adjective** carried out with the arm kept below shoulder height and usually close to the body

**undereat verb** to eat an insufficient amount of food

**undernourished adjective** having too little food

**undernutrition noun** the fact of not receiving enough nutrients in the diet

**underperformance noun** unexplained underperformance syndrome

**undertrained adjective** used for describing an athlete who has not trained hard enough to be fit for competition

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underwater hockey noun same as octopush
underweight adjective used for describing someone whose body weight is less than is medically advisable
unexplained underperformance syndrome noun a situation in which an athlete fails to perform to his or her full potential, caused by a change in their emotional state or physical or mental burnout. Abbreviation UPS
unipennate adjective used for describing a muscle with fibres that run along one side of a single lateral tendon
universal machine noun an exercise machine that allows the athlete to exercise many different parts of their body
unperfused adjective used for describing a muscle or tissue that is inadequately supplied with blood
unsaturated fat noun a type of fat that does not contain a large amount of hydrogen and so can be broken down more easily. Compare saturated fat, polyunsaturated fat
unseasoned adjective lacking the skills or knowledge that experience provides
unseeded adjective not assigned a position in a draw arranged so that the best players or teams can, in theory, avoid meeting until the later rounds
unsegregated adjective not segregated according to race or sex
unsigned adjective not having signed a contract to join a sports team as a player
unsound adjective not in a healthy physical or psychological state
unsporting adjective acting contrary to the rules and spirit of a sport
unsportsmanlike adjective being or acting contrary to fair play or the rules and spirit of a sport or of sport in general
upper abs plural noun the abdominal muscles that are above the navel
upright rowing noun an exercise that replicates the in-and-out movement of a rowing machine but is performed standing up using dumbbells or a barbell
upset noun an unexpected result in a sports contest ■ verb to defeat an opponent unexpectedly
urea noun a substance produced in the liver from excess amino acids, and excreted by the kidneys into the urine
urea and electrolytes plural noun full form of U&Es
uric acid noun a chemical compound that is formed from nitrogen in waste products from the body and that also forms crystals in the joints of people who have gout
urine sample noun a small volume of urine provided by an athlete for drugs testing or to allow a diagnosis of a medical condition, e.g. diabetes
urine substitution noun the act of passing off a 'clean' urine sample from another person as your own, in order to pass a drugs test
urine test noun a test performed on the urine sample of an athlete that detects the markers or metabolites of banned substances
urokinase noun an enzyme formed in the kidneys that begins the process of breaking down blood clots
urticarial rash noun an itchy rash that can be symptomatic of exercise-induced anaphylaxis
utility player noun a player who can play in several positions in a team
Vaccination noun the use of a vaccine to provide immunity against a disease
Vaccine noun a preparation containing weakened or dead microbes of the kind that cause a disease, administered to stimulate the immune system to produce antibodies against that disease
Vacuum mattress noun a firm inflated mattress used for transporting casualties with suspected spinal injuries
Vagus nerve noun a nerve that carries sensory and motor neurons serving the heart, lungs, stomach, intestines and various other organs
Valgus noun the position or state in which a bone or body part is bent or twisted outwards away from the midline of the body
Valine noun an essential amino acid
Vanadium noun an essential mineral that activates enzymes in the body
Variable resistance noun same as accommodating resistance
Varied diet noun a diet that includes a range of different foods
Vascular adjective relating to blood vessels
Vascularisation noun the development of vessels, especially blood vessels, in an organism or tissue
Vascularity noun prominence of veins, desirable in bodybuilding
Vasculature noun the arrangement of blood vessels in the body or in an organ or tissue
Vasoactive adjective same as vasmotor
Vasoconstriction noun the narrowing of blood vessels, which allows less blood to flow through
Vasoconstrictive adjective causing vasoconstriction
Vasoconstrictor noun a chemical substance that makes blood vessels become narrower, causing blood pressure to rise, e.g. ephedrine hydrochloride
Vasodilation noun the widening of blood vessels, which allows more blood to flow through
Vasodilator noun a chemical substance that makes blood vessels become wider, causing blood to flow more easily and blood pressure to fall
Vasodilatory adjective causing vasodilation
vasoinhibitor noun a chemical substance that reduces or stops the activity of the nerves that control the widening or narrowing of the blood vessels
vasomotor adjective causing or influencing changes in the diameter of blood vessels
vasomotor nerve noun a nerve in the wall of a blood vessel which affects the diameter of the vessel
vasospasm noun sustained contraction of the muscular walls of the blood vessels with a resultant reduction in blood flow
vasovagal syndrome noun an irregular or slowed heartbeat caused by stimulation of the vagus nerve
vastus intermedius noun one of the four muscles that form the quadriceps
vastus lateralis noun one of the four muscles that form the quadriceps
vastus medialis noun one of the four muscles that form the quadriceps
vaulting horse noun a piece of gymnastic equipment with four legs and a solid leather-covered oblong body, used for exercises and especially for vaulting over
vegan adjective involving a diet of only vegetables and fruit, with no dairy products
veganism noun the state of eating a vegan diet
vegetarian adjective involving a diet without meat
vegetarianism noun the state of eating a vegetarian diet
vegetative nervous system noun the part of the body’s nervous system that controls involuntary functions such as the beating of the heart
vein noun a blood vessel that takes deoxygenated blood containing waste carbon dioxide from the tissues back to the heart
velocity noun the rate of change of position in a given direction, composed of both speed and direction
vena cava noun one of two large veins which take deoxygenated blood from all the other veins into the right atrium of the heart (NOTE: The plural is vena cavae.)
venous return noun the return of blood to the heart via the veins
ventilation noun the fact that air enters and leaves the lungs
ventilator a machine that keeps air moving in and out of the lungs of a patient who cannot breathe unaided
ventilatory threshold noun the point during exercise at which a person can no longer comfortably speak, as measured by a talk test
ventral adjective 1. referring to the abdomen 2. referring to the front of the body. Opposite dorsal
ventricle noun 1. a cavity in an organ, especially in the heart or brain 2. either of the two lower chambers of the heart that receive blood from the atria and pump it into the arteries by contraction of their thick muscular walls
ventricular adjective referring to the ventricles
ventricular hypertrophy noun an enlargement of the ventricles, typically the left ventricle, caused by high blood pressure or excessive exercise
venule noun a small vein or vessel leading from tissue to a larger vein
verbal persuasion noun same as pep talk
verruca noun a wart that grows on the foot, usually on the sole
vertebra noun a bone of the spinal column, typically consisting of a thick body, a bony arch enclosing a hole for the spinal cord, and stubby projections that connect with adjacent bones (NOTE: The plural form is vertebrae.)

vertebral disc noun same as disc

vertebral foramen noun a hole in the centre of a vertebra which links with others to form the vertebral canal through which the spinal cord passes

vestibulocochlear nerve noun the eighth cranial nerve which governs hearing and balance. Also called acoustic nerve, auditory nerve

victory noun success in a competition against an opponent

vinculum noun a band of tissue, especially a ligament

violent adjective very strong or very severe

vivosterol noun same as vitamin D2

viscera plural noun the internal organs, e.g. the heart, lungs, stomach and intestines

visceral fat noun same as abdominal fat

vision-impaired adjective (in disabled sport events such as the Paralympics) a category for athletes with visual problems

visual acuity noun the sharpness of someone’s vision, especially as it relates to skills such as hand-eye coordination

visual defect noun a condition that makes a person unable to see clearly, or at all

visualisation noun the act of vividly imagining a desired solution to a problem in order to build happiness and self-confidence

vitafoods plural noun food products that are designed for health-conscious consumers

vital signs plural noun the signs that indicate life, e.g. pulse, body temperature, breathing and blood pressure

vitamin noun any of various substances that are not synthesised in the body but are found in most foods, essential for good health

vitamin A2 noun a form of vitamin A obtained from fish liver

vitamin B1 noun a water-soluble vitamin that maintains normal carbohydrate metabolism and nervous system function and is found in high concentration in yeast, in the outer layers and germ of cereals, in beef, in pork and in pulses. Also called aneurin, thiamin

vitamin B2 noun a water-soluble vitamin that is essential for metabolic processes and for cell maintenance and repair, present in all leafy vegetables, in eggs, milk and the flesh of warm blooded animals. Also called riboflavin

vitamin B3 noun a water-soluble vitamin that occurs in the form of niacin, nicotinic acid and nicotinamide and is widely distributed in foodstuffs, with meat, fish, wholemeal flour and peanuts being major sources

vitamin B6 noun a water-soluble vitamin that consists of the compounds pyridoxal, pyridoxol and pyridoxamine, found in low concentration in all animal and plant tissues, especially in fish, eggs and wholemeal flour

vitamin B12 noun a cobalt-containing water-soluble vitamin that, together with folic acid, has a vital role in metabolic processes and in the formation of red blood cells and is responsible for the general feeling of well-being in healthy individuals (NOTE: It is normally found only in animal products, particularly ox kidney and liver and oily fish.)

vitamin B15 noun same as orotic acid

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vitamin B complex noun a group of vitamins such as folic acid, riboflavine and thiamine

vitamin C noun a vitamin that is soluble in water and is found in fresh fruit, especially oranges and lemons, raw vegetables and liver. Also called ascorbic acid (NOTE: Lack of vitamin C can cause anaemia and scurvy.)

vitamin D noun a vitamin which is soluble in fat, and is found in butter, eggs and fish (NOTE: It is also produced by the skin when exposed to sunlight. Vitamin D helps in the formation of bones, and lack of it causes rickets in children.)

vitamin D1 noun a form of vitamin D obtained through ultraviolet irradiation of a type of alcohol called ergosterol

vitamin D2 noun a precursor of vitamin D. Also called viosterol

vitamin D3 noun a precursor of vitamin D. Also called cholecalciferol

vitamin E noun a vitamin found in vegetables, vegetable oils, eggs and wholemeal bread

vitamin H noun biotin

vitamin K noun a vitamin, found in green vegetables such as spinach and cabbage, that helps the clotting of blood and is needed to activate prothrombin

vitamin P noun same as bioflavonoid

vitamin pill, vitamin supplement noun a pill containing one or several vitamins or minerals, taken as a food supplement

vitamin-rich adjective containing high levels of vitamins

vitellin noun the protein found in egg yolk

VO2 abbreviation Volume of Oxygen

VO2Max noun the maximum possible intake of oxygen for aerobic metabolism during exercise

voice box noun same as larynx

Volkmann’s contracture noun same as compartment syndrome

volley noun (in tennis, football and other ball sports) a hit of a ball before it touches the ground ■ verb to hit or kick a ball before it touches the ground

volleyball noun 1. a sport in which two teams hit a large ball over a high net using their hands, played on a rectangular court 2. a large, usually white inflated ball used for playing volleyball

Volume of Oxygen noun the amount of oxygen in millilitres that can be inspired by a person in a single breath. Abbreviation VO2

voluntary muscle noun a muscle that is consciously controlled, usually made up of striated fibres

Vorlage noun a muscle that is consciously controlled, usually made up of striated fibres

v-taper noun a term that describes the body shape of a person with well-developed shoulders and a comparatively small waist

v-taper

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**W**

WADA *abbreviation* World Anti-Doping Agency

waist-to-hip ratio *noun* a way of describing the distribution of adipose tissue in the body

wakeboarding *noun* a water sport in which someone riding a single board is pulled behind a motor boat and performs jumps while crisscrossing the wake of the boat

walkover *noun* an easy victory or one that is obtained without a contest, e.g. because the opposing side did not turn up (*informal*)

wallbars *plural noun* a series of horizontal bars attached to a wall and used for exercise

warm *adjective* used for describing muscles that are prepared and loosened by stretching and ready to undertake heavier exercise

warm down *verb* same as cool down

warm-down *noun* same as cool-down

warm up *verb* to prepare the body for exercise by stretching muscles and loosening joints

warm-up *noun* an exercise or a period spent exercising before a contest or event

washboard *adjective* describes a stomach that is flat with well-defined muscles

water balance *noun* a state in which the water lost by the body, e.g. in urine or sweat, is made up by water absorbed from food and drink

water filter *noun* an appliance or fitting for removing unwanted matter from water, especially bacteria or harmful chemicals from drinking water

water on the knee *noun* the accumulation of watery fluid in or around the knee indicating disease or injury of the knee joint

water polo *noun* a game played in a swimming pool by two teams of seven players, in which the object is to score by sending a large ball into the opposing team’s goal

water retention *noun* the build-up of fluid in bodily tissues, causing swelling

waterskiing *noun* the sport of skiing on water, on one or two skis, while being pulled by a motorboat and holding a rope

water-soluble vitamins *plural noun* vitamins B and C, which can form a solution in water

water sports *plural noun* sports carried out on or in water

WBC *abbreviation* white blood cell

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weak adjective not strong

weakness noun 1. the fact of lacking strength 2. a feature of someone’s character regarded as unfavourable and can therefore be exploited by an opponent

weigh in verb to be weighed before or after a boxing match, horse race or similar contest

weigh-in noun an official occasion on which athletes in particular sports such as boxing are weighed, so that they can be placed into categories for competition

weight noun 1. how heavy someone or something is 2. something that is heavy, especially an object lifted, pushed or pulled in order to develop muscle tone or strength

weight bearing activity noun resistance exercises that strengthen the bones and prevent osteoporosis

weight control, weight management noun the act of keeping your weight within healthy limits with a sensible diet and exercise plan

weighted vest noun a vest top with weights attached, worn to provide added resistance during exercise

weight-for-age noun an index of a child’s weight against the average weight for a child of that age, showing whether they are being adequately nourished for growth

weight-for-height noun an index of a child’s weight against the average weight for a child of that height, showing whether they are being adequately nourished for growth

weight gain noun the fact of becoming fatter or heavier

weight gain formula noun any high-calorie sports supplement taken to promote muscle growth. Abbreviation WGF

weightlifter noun a person who takes part in weightlifting

weightlifting noun the sport of lifting heavy weights, either for exercise or in competition

weight loss noun the fact of losing weight or of becoming thinner

weight-loss plan noun a scheme to reduce body weight, usually by reducing calorie intake, increasing physical activity or a combination of both

weight reduction noun same as weight loss

weights plural noun heavy objects that a person lifts in order to build muscular strength or as a sport

weights bench noun a sturdy bench that a person can lie on while lifting weights

weight training noun physical training using weights to strengthen the muscles

weight training belt noun a thick belt worn during exercise to support the lower back

wellness noun physical wellbeing, especially when maintained or achieved through good diet and regular exercise

wellness foods plural noun nutritionally rich foods eaten for health

well-taken adjective performed or executed skilfully or effectively

welterweight noun 1. (in boxing) a weight category for competitors who weigh between 63.5 kg and 66.7 kg 2. a professional or amateur boxer who competes at welter-weight 3. a sports contestant ranked by body weight between a lightweight and a middleweight

West Asian Games plural noun a multi-sport event in which athletes from West and Central Asia are invited to participate, taking place every two years
wet pack noun a piece or pieces of material dampened with hot or cold water and wrapped around a patient’s body for therapeutic purposes

WGF abbreviation weight gain formula

wheat protein noun same as seitan

wheelchair noun (in disabled sport events such as the Paralympics) a category for athletes confined to a wheelchair

wheelchair marathon noun a marathon that is open to athletes in wheelchairs only

wheelchair rugby noun same as quad rugby

wheeze verb to breathe with an audible whistling sound and with difficulty, usually because of a respiratory disorder such as asthma

whey protein concentrate noun a high-protein supplement used by bodybuilders, containing bioavailable milk proteins. Abbreviation WPC

whey protein isolate noun a sports supplement that is more purified than whey protein concentrate. Abbreviation WPI

whiplash noun an injury to the muscles, ligaments, vertebrae or nerves of the neck caused when the head is suddenly thrown forward and then sharply back. Also called whiplash injury

whirlpool bath noun a bath or outdoor pool with powerful underwater jets that keep the water constantly moving or swirling around the body. It is sometimes used in physical therapy.

white adipose tissue noun fat stored in the body that is not metabolically active and is hard to burn. Compare brown adipose tissue

white blood cell noun a colourless blood cell which contains a nucleus but has no haemoglobin, is formed in bone marrow and creates antibodies. Abbreviation WBC

white fat noun same as white adipose tissue

whites plural noun white or off-white sports clothing, especially as worn by tennis players or cricketers

whitewash noun a resounding defeat, especially one in which the losing player or team does not score (informal)

wholefoods plural noun foods that have been grown without the use of artificial fertilisers and have not been processed, thought to be healthier

wholegrain adjective describes food containing whole unprocessed grains of something

wholemeal adjective containing wheat germ and bran

wholesome adjective having a fit healthy appearance that suggests clean living

wholewheat adjective used for describing flour that contains a large proportion of the original wheat seed, including the bran, or for describing bread and other products made from it

wicket noun 1. (in cricket) either of two sets of three upright sticks (stumps) on which are balanced two shorter sticks (bails) and in front of which the batsman stands 2. the part of a cricket pitch between the two sets of stumps, which are placed 20 m/22 yd apart 3. (in cricket) a batsman’s turn of batting, or that of a pair of batsmen 4. (in cricket) the ending of somebody’s turn of batting, effected, e.g. by knocking down the stumps or catching the ball

wicket-keeper noun (in cricket) the player positioned behind the wicket to catch the ball or knock the bails off the stumps
wicking adjective of sports clothing, designed to draw perspiration away from the skin so that the wearer stays dry and comfortable

wind noun the power to breathe, especially when making an effort such as running
verb to make someone temporarily unable to breathe properly, e.g. because of too much exertion or by a blow to the abdomen

windpipe noun same as trachea

wind sprint noun a form of training exercise in which an athlete runs very fast for a short period of time, designed to build up endurance

Windsurfer a trade name for a type of sailboard

windsurfing noun the sport of riding and steering a sailboard

wing noun 1. either of the longer sides of the field of play, at right angles to the sides where the goals are 2. in some team sports such as football and hockey, an attacking player who plays down one side of the field 3. in some sports, the position played by a wing

winger noun same as wing 3

Winter Olympics noun a multi-sport event held every four years during the winter months, in which winter sports such as ice hockey, skiing, skating and bobsleighing are performed

winter sports plural noun sports performed on snow and ice, e.g. skiing and ice skating

wipeout noun a fall from a surfboard, or a fall or crash in other sports such as skiing and cycling

withdrawal noun a period during which a person who has been addicted to a drug stops taking it and experiences unpleasant symptoms

wobbleboard noun an exercise device consisting of a small unstable board on which the exerciser must balance, used for injury rehabilitation and developing core stability

work verb 1. to exert physical or mental effort in order to do, make or accomplish something or make someone do this 2. to move or exercise a muscle or part of the body, or be moved or exercised

working memory noun the contents of someone’s consciousness at the present moment, containing only the information needed to perform the current task

work out verb to do a workout

workout noun a session of strenuous physical exercise or of practising physical skills as a way of keeping fit or as practice for a sport

workout class noun same as fitness class

World Anti-Doping Agency noun an independent professional body that campaigns against doping in sport and develops the World Anti-Doping Code each year. Abbreviation WADA

World Anti-Doping Code noun a set of anti-doping rules and measures from the World Anti-Doping Agency aimed at preventing drug abuse in sports, adopted in 2003 by most major international sporting organisations

World Cup noun a sports tournament, especially in football, contested by the national teams of qualifying countries, held every four years in a different country of a different continent

World Games plural noun an international multi-sport event held every four years featuring sports not included in the Olympic Games, including, e.g., orienteering, powerlifting and squash
World Health Assembly

World Health Assembly noun an annual meeting of delegates from all member states of the WHO, at which major policy decisions are made

World Health Day noun an annual event organised by the World Health Organisation, drawing global attention to a particular health issue

World Health Organisation noun the United Nation’s agency for health, promoting global health education and provision of healthcare facilities. Abbreviation WHO

wound-up adjective extremely tense, nervous and agitated (informal)

WPC abbreviation whey protein concentrate

WPI abbreviation whey protein isolate

wrench verb to injure part of the body by twisting it suddenly and forcibly

wrestling noun a sport in which two contestants fight by gripping each other using special holds, each trying to force the other’s shoulders onto a mat

wrist noun a joint between the hand and forearm

wrist drop noun paralysis of the wrist muscles that causes the hand to hang limp, caused by damage to the radial nerve in the upper arm

wrist guards plural noun protective gloves that cover the wrists, leaving the fingers exposed, used for protection by cyclists and skateboarders

wrist tendonitis noun strain to the tendons that connect the fingers to the forearm muscle, caused by repetitive hand movements

wristy adjective using a lot of wrist movement when hitting a ball

wrong-foot verb to cause an opponent to anticipate wrongly the direction in which you are going to move or hit, kick or pass a ball

wushu noun Chinese martial arts considered collectively
xanthelasma *noun* yellow deposits on the eyelids caused by high levels of cholesterol in the blood

xenobiotic *adjective* used for describing a substance found in the body that is not normally expected to be there

xerosis *noun* abnormal dryness of an organ or tissue

X Games *plural noun* an annual multi-sports event that features mainly extreme sports

x-ray *noun* an image produced on photographic film by x-rays passing through objects or parts of the body, often used in medicine and science as a diagnostic tool

yacht *noun* a sailing boat, often one that has living quarters and is used for cruising or racing

yeast infection *noun* an overgrowth of a fungus in the vagina, intestines, skin or mouth, causing irritation and swelling

yellow card *noun* (in some team sports) a card shown by the referee to a player guilty of serious or persistent foul play as an indication that the player has been cautioned.

green card, red card (NOTE: The punishment a player receives when they are shown a yellow card varies according to which sport they are playing. In football, if a player receives two yellow cards, they are sent off and can play no further part in the game. In rugby, on the other hand, if a player receives a yellow card they are immediately suspended from the game for 10 minutes.)

yellow fibre *noun* same as elastic fibre

yips *plural noun* nervousness that impairs the performance of a sportsman or sportswoman, especially a golfer

yoga *noun* 1. a Hindu discipline which promotes spiritual unity with a Supreme Being through a system of postures and rituals 2. any one of dozens of systems of exercise derived from or based on Hindu yoga, most of which include breathing exercises and postures designed to improve flexibility and induce wellbeing

yoga mat *noun* a soft mat used for performing yoga exercises on the floor

yohimbe *noun* a stimulant sports supplement that reduces fatigue

york *verb* (in cricket) to get a batsman out, or attempt to get a batsman out, by bowling a yorker

yorker *noun* (in cricket) a ball bowled so that it pitches on the ground immediately under the bat

yo-yo dieting *noun* a situation in which a person repeatedly loses weight through dieting and then regains the weight that he or she has lost
zen macrobiotics noun a very strict form of macrobiotic diet that avoids, e.g., eating foods that are out of season or foods that have been transported a long distance
zeranol noun a non-steroid oestrogenic growth agent
zero-sum competition noun a competition in which there is a single winner and the losing players do not win or achieve anything
zinc noun a white metallic trace element (NOTE: The chemical symbol is Zn.)
zinc deficiency noun a condition that can cause tissue wasting and delayed puberty in boys
zinc monomethionine aspartate and magnesium aspartate noun full form of ZMA
zinc oxide noun a thick cream made with zinc that is used as a sunblock on the face
Z-line noun a narrow dark line across striated muscle fibres that marks the boundaries between adjacent segments
ZMA noun a supplement for athletes containing zinc and magnesium, reputed to increase testosterone. Full form zinc monomethionine aspartate and magnesium aspartate
zone noun an area of the body
Zone diet noun a dietary plan in which 40% of daily calories should come from carbohydrates, 30% from proteins and 30% from fats
zurkhaneh noun a traditional Iranian gymnasium in which athletics and wrestling are practised along with meditative teaching
zygomatic adjective relating to the cheekbone
zygomatic fracture noun a fracture of the cheekbone, caused by a heavy blow such as during a contact sport or in a motor accident
zymoprotein noun a protein that also functions as an enzyme
SUPPLEMENTS

Body Mass Index Calculator
Measurement Conversion Table
Anatomical Figures: Planes and Movements
  Lungs and Heart
  Neuron and Brain
  Foot and Hand
  Joints and Bone Structure
British and International Sport Federations
Resources on the web

www.EnglishPro.ir
### Body Mass Index Calculator

<table>
<thead>
<tr>
<th>Height (cm)</th>
<th>Body Weight (kg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>150cm</td>
<td>43 45 47 49 52 54 56 58 60 63 65 67 69 72 74 76 78</td>
</tr>
<tr>
<td>152cm</td>
<td>44 46 49 51 54 56 58 60 63 65 67 69 72 74 76 79 81</td>
</tr>
<tr>
<td>155cm</td>
<td>45 48 50 53 55 57 60 63 65 67 69 72 74 77 79 82 84</td>
</tr>
<tr>
<td>157cm</td>
<td>47 49 52 54 57 59 62 64 67 69 72 74 77 79 82 84 87</td>
</tr>
<tr>
<td>160cm</td>
<td>49 51 54 56 59 61 64 66 69 72 74 77 79 82 84 87 89</td>
</tr>
<tr>
<td>163cm</td>
<td>50 53 55 58 61 64 66 68 71 74 77 79 82 84 87 89 93</td>
</tr>
<tr>
<td>165cm</td>
<td>52 54 57 60 63 65 68 71 73 76 79 82 84 87 90 93 95</td>
</tr>
<tr>
<td>168cm</td>
<td>54 56 59 62 64 67 70 73 76 78 81 84 87 90 93 95 98</td>
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<tr>
<td>170cm</td>
<td>55 57 61 64 66 69 72 75 78 81 84 87 90 93 96 98 101</td>
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<tr>
<td>172cm</td>
<td>57 59 63 65 68 72 74 78 80 83 86 89 92 95 98 101 104</td>
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<tr>
<td>175cm</td>
<td>58 61 64 68 70 73 77 80 83 86 89 92 95 98 101 104 107</td>
</tr>
<tr>
<td>178cm</td>
<td>60 63 66 69 73 76 79 82 85 88 92 95 98 104 104 107 110</td>
</tr>
<tr>
<td>180cm</td>
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</tr>
<tr>
<td>183cm</td>
<td>64 67 70 73 77 80 83 87 90 93 97 100 103 107 110 113 117</td>
</tr>
<tr>
<td>185cm</td>
<td>65 68 72 75 79 83 86 89 93 96 99 103 107 110 113 117 120</td>
</tr>
<tr>
<td>188cm</td>
<td>67 70 74 78 81 84 88 92 95 99 102 106 110 113 116 120 123</td>
</tr>
<tr>
<td>191cm</td>
<td>69 73 76 80 83 87 91 94 98 102 105 109 113 116 120 123 127</td>
</tr>
<tr>
<td>BMI</td>
<td>19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35</td>
</tr>
</tbody>
</table>

Find your height in the left-hand column, then move along the row to find your weight. The number at the bottom of that column is your BMI.

# Measurement Conversion Table

Conversions for some common metric units to imperial or US customary units are given below.

<table>
<thead>
<tr>
<th>Metric</th>
<th>Imperial</th>
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</thead>
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<tr>
<td><strong>length</strong></td>
<td></td>
</tr>
<tr>
<td>micrometre</td>
<td>$= 0.00003937$ inches</td>
</tr>
<tr>
<td>millimetre</td>
<td>$= 0.03937$ inches</td>
</tr>
<tr>
<td>centimetre</td>
<td>$= 0.3937$ inches</td>
</tr>
<tr>
<td>metre</td>
<td>$= 39.37$ inches</td>
</tr>
<tr>
<td>metre</td>
<td>$= 1.094$ yards</td>
</tr>
<tr>
<td>kilometre</td>
<td>$= 0.621$ miles</td>
</tr>
<tr>
<td><strong>area</strong></td>
<td></td>
</tr>
<tr>
<td>square millimetre</td>
<td>$= 0.00155$ square inches</td>
</tr>
<tr>
<td>square centimetre</td>
<td>$= 0.155$ square inches</td>
</tr>
<tr>
<td>square metre</td>
<td>$= 1.196$ square yards</td>
</tr>
<tr>
<td>hectare</td>
<td>$= 2.471$ acres</td>
</tr>
<tr>
<td>square kilometre</td>
<td>$= 0.386$ square miles</td>
</tr>
<tr>
<td><strong>volume or capacity</strong></td>
<td></td>
</tr>
<tr>
<td>cubic millimetre</td>
<td>$= 0.000061$ cubic inches</td>
</tr>
<tr>
<td>cubic centimetre</td>
<td>$= 0.0610$ cubic inches</td>
</tr>
<tr>
<td>cubic centimetre</td>
<td>$= 0.0352$ imperial fluid ounces</td>
</tr>
<tr>
<td>cubic centimetre</td>
<td>$= 0.0338$ US fluid ounces</td>
</tr>
<tr>
<td>millilitre</td>
<td>$= 0.0610$ cubic inches</td>
</tr>
<tr>
<td>millilitre</td>
<td>$= 0.0352$ imperial fluid ounces</td>
</tr>
<tr>
<td>millilitre</td>
<td>$= 0.0338$ US fluid ounces</td>
</tr>
<tr>
<td>cubic decilitre</td>
<td>$= 61.0$ cubic inches</td>
</tr>
<tr>
<td>cubic decilitre</td>
<td>$= 0.880$ imperial quarts</td>
</tr>
<tr>
<td>cubic decilitre</td>
<td>$= 1.057$ US liquid quarts</td>
</tr>
<tr>
<td>cubic decilitre</td>
<td>$= 0.908$ US dry quarts</td>
</tr>
<tr>
<td>litre</td>
<td>$= 61.0$ cubic inches</td>
</tr>
<tr>
<td>litre</td>
<td>$= 0.880$ imperial quarts</td>
</tr>
<tr>
<td>litre</td>
<td>$= 1.057$ US liquid quarts</td>
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<tr>
<td>litre</td>
<td>$= 0.908$ US dry quarts</td>
</tr>
<tr>
<td><strong>mass</strong></td>
<td></td>
</tr>
<tr>
<td>gram</td>
<td>$= 0.0353$ ounces avoirdupois</td>
</tr>
<tr>
<td>gram</td>
<td>$= 0.0322$ ounces troy</td>
</tr>
<tr>
<td>kilogram</td>
<td>$= 2.205$ pounds avoirdupois</td>
</tr>
<tr>
<td>tonne</td>
<td>$= 2205$ pounds avoirdupois</td>
</tr>
<tr>
<td><strong>temperature</strong></td>
<td></td>
</tr>
<tr>
<td>degree Celsius</td>
<td>$(°C \times 1.8) + 32 =$ degrees Fahrenheit</td>
</tr>
</tbody>
</table>
Anatomical terms

www.EnglishPro.ir

WWW.AEL.AF
HEART
1. superior vena cava
2. inferior vena cava
3. right atrium
4. left atrium
5. right ventricle
6. left ventricle
7. aorta
8. tricuspid valve
9. bicuspid valve
10. pulmonary artery
11. pulmonary veins
12. epicardium
13. myocardium
14. endocardium
15. septum

LUNGS
1. thyroid cartilage
2. cricoid cartilage
3. trachea
4. main bronchus
5. superior lobe bronchus
6. middle lobe bronchus
7. inferior lobe bronchus
8. superior lobe
9. middle lobe
10. inferior lobe
11. oblique fissure
12. horizontal fissure
13. cardiac notch
14. visceral pleura
15. parietal pleura
16. pleural cavity
17. alveolus
18. alveolar duct
19. bronchiole

www.EnglishPro.ir
WWW.AEL.AF
BRAIN
1. corpus callosum
2. thalamus
3. hypothalamus
4. pineal body
5. pituitary gland
6. superior colliculi
7. inferior colliculi
8. cerebellum
9. cerebral peduncle
10. fornix cerebri
11. pons

NEURON
(a) multipolar
(b) bipolar
(c) unipolar
1. nucleus
2. Nissl granules
3. neurofibrilla
4. dendrite
5. axon
6. myelin sheath
7. Schwann cell nucleus
8. node of Ranvier
9. neurilemma
10. terminal branch
**BONE STRUCTURE**

1. periosteum  
2. compact bone (yellow marrow)  
3. cancellous (spongy) bone (red marrow)  
4. medullary cavity  
5. articular cartilage  
6. epiphysis  
7. diaphysis

**CARTILAGINOUS JOINT**

1. intervertebral disc  
2. vertebra  
3. hyaline cartilage  
4. synovial cavity and fluid  
5. joint capsule (ligament)  
6. synovial membrane

**SYNOVIAL JOINT**

1. bone  
2. articular cartilage  
3. synovial membrane  
4. synovial cavity and fluid  
5. joint capsule (ligament)
British and International Federations

Summer Olympic Sports:

**Aquatics**

Amateur Swimming Association  
Derby Square  
Loughborough  
Leicestershire  
LE11 5AL  
www.britishswimming.com  
International Swimming Federation  
Avenue de l’Avant-Poste 4  
1005 Lausanne  
Switzerland  
www.fina.org

**Archery**

Grand National Archery Society  
Lilleshall National Sports Centre  
nr Newport  
Shropshire  
TF10 9AT  
www.gnas.org  
International Archery Federation  
Maison du Sport International  
Avenue de Rhodanie 54  
1007 Lausanne  
Switzerland  
www.archery.org

**Athletics**

UK Athletics  
Athletics House  
Blythe Valley Park  
Solihull  
West Midlands  
B90 8AJ  
www.ukathletics.com  
International Association of Athletics Federations  
17 rue Princesse Florestine  
BP 359  
MC98007 Monaco  
www.iaaf.org

**Badminton**

Badminton England  
National Badminton Centre  
Milton Keynes  
MK8 9LA  
www.badmintonengland.co.uk  
International Badminton Federation  
Batu 3 ½ Jalan CHERAS  
56000 Kuala Lumpur  
Malaysia  
www.internationalbadminton.org

**Baseball**

BaseballSoftballUK  
Ariel House  
74a Charlotte Street  
London  
W1T 4QJ  
www.baseballsoftballuk.co.uk  
International Baseball Federation  
Avenue de Mon Repos 24  
Case Postale 6909  
1002 Lausanne  
Switzerland  
www.baseball.ch
Summer Olympic Sports cont.

**Basketball**

British Basketball Federation  
PO Box 3971  
Sheffield  
South Yorkshire  
S9 3TW  
www.british-basketball.co.uk

International Basketball Federation  
53 Avenue Louis-Casai  
PO Box 110  
1216 Cointrin  
Switzerland  
www.fiba.com

**Boxing**

British Boxing Board of Control  
The Old Library  
Trinity Street  
Cardiff  
CF10 1BH  
www.bbbofc.com

International Boxing Association  
Maison du Sport International  
Avenue de Rhodanie 54  
1007 Lausanne  
Switzerland  
www.aiba.net

**Canoeing**

British Canoe Union  
John Dudderidge House  
Adbolton Lane  
Nottingham  
East Midlands  
NG2 5AS  
www.bcu.org.uk

International Canoe Federation  
Maison du Sport International  
Avenue de Rhodanie 54  
1007 Lausanne  
Switzerland  
www.canoeicf.com

**Cycling**

British Cycling Federation  
National Cycling Centre  
Stuart Street  
Manchester  
M11 4DQ  
www.britishcycling.org.uk

International Cycling Union  
CH 1860 Aigle  
Switzerland  
www.uci.ch

**Equestrianism**

British Equestrian Federation  
Stoneleigh Park  
Kenilworth  
Warwickshire  
CV8 2RH  
www.bef.co.uk

International Federation for Equestrian Sports  
Avenue de Mon Repos 24  
1002 Lausanne  
Switzerland  
www.horsesport.org

www.EnglishPro.ir
Summer Olympic Sports cont.

Fencing

British Fencing Association
1 Baron’s Gate
33-35 Rothschild Road
London
W4 5HT
www.britishfencing.com

International Fencing Federation
Maison du Sport International
Avenue de Rhodanie 54
1007 Lausanne
Switzerland
www.fie.ch

Football

The Football Association
25 Soho Square
London
W1D 4FA
www.thefa.com

Federation Internationale de Football Association
FIFA-Strasse 20
P.O. Box 8044
Zurich
Switzerland
www.fifa.com

Gymnastics

British Gymnastics
Lilleshall National Sports Centre
nr Newport
Shropshire
TF10 9AT
www.british-gymnastics.org

International Gymnastics Federation
Case Postale 359
Rue des Oeuches 10
2740 Moutier 1
Switzerland
www.fig-gymnastics.com

Handball

British Handball Association
40 Newchurch Road
Rawtenstall
Lancashire
BB4 7QX
www.britishhandball.com

International Handball Federation
Peter Merian-Strasse 23
P.O. Box
4002 Basle
Switzerland
www.ihf.info

Hockey

Great Britain Olympic Hockey Board
78 Gristhorpe Road
Birmingham
West Midlands
B29 7SW
(no website at present)

International Hockey Federation
Residence du Parc
Rue du Valentin 61
1004 Lausanne
Switzerland
www.worldhockey.com

www.EnglishPro.ir
Summer Olympic Sports cont.

Judo
British Judo Association
Suite B, Loughborough Tech Park
Epinal Way
Loughborough
LE11 3GE
www.britishjudo.org.uk

International Judo Federation
33rd FL Doosan Tower
18-12 Ulchi-Ro 6-Ka
Seoul
Republic of Korea 100-300
www.ijf.org

Modern Pentathlon
Modern Pentlon Association of
Great Britain
Norwood House
University of Bath
Claverton Down
BA2 7AY
www.mpagb.org.uk

Union Internationale de
Pentathlon Moderne
Avenue des Castellans
Stade Louis II
98000 Monaco
www.pentathlon.org

Rowing
Amateur Rowing Association
6 Lower Mall
Hammersmith
London
W6 9DJ
www.ara-rowing.org.uk

International Federation of
Rowing Associations
Avenue de Cour 135
Case Postale 18
1000 Lausanne 3
Switzerland
www.worldrowing.com

Sailing
Royal Yachting Association
Ensign Way
Hamble
Hampshire
SO31 4YA
www.rya.org.uk

International Sailing Federation
Ariadne House
Town Quay
Hampshire
SO14 2AQ
www.sailing.org

Shooting
GB Target Shooting Federation
1 The Cedars
Southend
Essex
SS3 0AQ
www.gbtsf.org.uk

International Shooting
Sport Federation
Bavariaring 21
D-80336 München
Germany
www.issf-shooting.org

www.EnglishPro.ir
Summer Olympic Sports cont.

<table>
<thead>
<tr>
<th>Sport</th>
<th>National Organization</th>
<th>International Organization</th>
<th>Address/Website</th>
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<tr>
<td>Softball</td>
<td>BaseballSoftballUK</td>
<td>International Softball Federation</td>
<td>Ariel House 1900 S. Park Road Plant City FL 33563 USA <a href="http://www.baseballsoftballuk.co.uk">www.baseballsoftballuk.co.uk</a> <a href="http://www.internationalsoftball.com">www.internationalsoftball.com</a></td>
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<td></td>
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<td>74a Charlotte Street London W1T 4QJ <a href="http://www.worldsoftball.com">www.worldsoftball.com</a> <a href="http://www.issf.org">www.issf.org</a></td>
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<tr>
<td>Table Tennis</td>
<td>British Olympic Table Tennis Federation</td>
<td>International Table Tennis Federation</td>
<td>90 Broadway Letchworth Hertfordshire SG6 3PH (no website at present) <a href="http://www.ittf.com">www.ittf.com</a></td>
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<tr>
<td>Tae Kwon Do</td>
<td>British Tae Kwon Do Council</td>
<td>World Tae Kwon Do Federation</td>
<td>Yiewsley Leisure Centre Otterfield Road West Drayton Middlesex UB7 8PE <a href="http://www.britishtaekwondocouncil.org">www.britishtaekwondocouncil.org</a></td>
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<tr>
<td>Tennis</td>
<td>The Lawn Tennis Association</td>
<td>International Tennis Federation</td>
<td>Palliser Road West Kensington London W14 9EG <a href="http://www.lta.org.uk">www.lta.org.uk</a> <a href="http://www.itftennis.com">www.itftennis.com</a></td>
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Summer Olympic Sports cont.

**Volleyball**

British Volleyball Association  
Suite B, Loughborough Tech Centre  
Epinal Way  
Loughborough  
LE11 3GE  
*(no website at present)*

International Volleyball Federation  
Avenue de la Gare 12  
1000 Lausanne 1  
Switzerland  
www.fivb.ch

**Weightlifting**

British Weight Lifting Association  
Lilleshall National Sports Centre  
nr Newport  
Shropshire  
TF10 9AT  
www.bwla.org.uk

International Weightlifting Federation  
H-1146 Budapest  
Istvamnezei ut 1-3  
Hungary  
www.iwf.net

**Wrestling**

British Wrestling Association Ltd.  
12 Westwood Lane  
Chesterfield  
Derbyshire  
S43 1PA  
www.britishwrestling.org

International Federation of Associated Wrestling Styles  
Rue de Chateau 6  
1804 Corsier-sur-Vever  
Switzerland  
www.fila-wrestling.com

Winter Olympic Sports

**Biathlon**

British Biathlon Union  
Old Road  
Bwlch  
Powys  
LD3 7RS  
www.britishbiathlon.com

International Biathlon Union  
Peregrinstrasse 14  
5020 Salzburg  
Austria  
www.biathlonworld.com

**Bobsleigh**

British Bobsleigh Association  
4-10 Barttelot Road  
Horsham  
West Sussex  
RH12 1DQ  
www.bobteamgb.org

International Bobsleigh and Tobogganing Federation  
Via Piranesi 44/B  
120137 Milan  
Italy  
www.bobsleigh.com
Winter Olympic Sports cont.

Curling

British Curling Association
Langhill
Lockerbie
Dumfriesshire
DG11 2QT
www.britishcurlingassociation.org.uk

World Curling Federation
74 Tay Street
Perth
PH2 8NN
Scotland
www.worldcurling.org

Ice Hockey

Ice Hockey UK
19 Heather Avenue
Rise Park
Romford
RM1 4SL
www.icehockeyuk.co.uk

International Ice Hockey Federation
Brandschenkstrasse 50
Postfach
8027 Zürich
Switzerland
www.iihf.com

Luge

Great Britain Luge Association
61 West Malvern Road
Malvern 8347
Worcestershire
WR14 4NF
www.gbla.org.uk

International Luge Federation
Rathausplatz 9
83471 Berchtesgaden
Germany
www.fil-luge.org

Skating

National Ice Skating Association
Lower Parliament Street
Nottingham 1007
NG1 1LA
www.iceskating.org.uk

International Skating Union
Chemin de Primerose 2
1007 Lausanne
Switzerland
www.isu.org

Skiing

Snowsport GB
Hillend
Biggar Road
Midlothian
EH10 7EF
www.snowsportgb.com

International Ski Federation
Blochstrasse 2
3653 Oberhofen/Thunersee
Switzerland
www.fis-ski.com
Sports and Exercise - Resources on the web

**Athletic Coaches Association of the UK**
A membership-only information resource for sports coaches.
www.acauk.co.uk

**Athletic Insight**
A US online journal of sports psychology.
www.athleticinsight.com

**British Association of Sport and Exercise Medicine**
A professional membership body for sports medicine students and professionals.
www.basem.co.uk

**British Association of Sports and Exercise Sciences**
A professional body for those employed in the sports and exercise professions.
www.bases.org.uk

**British Olympic Association**
The official website of the Olympics Games administration.
www.olympics.org.uk

**British Paralympic Association**
A registered charity which administrates the Paralympic Games.
www.paralympics.org.uk

**British Universities Sports Association**
A governing body which oversees university and inter-university sports.
www.busa.org.uk

**Central Council of Physical Recreation**
The governing body for national sports associations in the UK.
www.ccpr.org.uk

**Commonwealth Games Federation**
The official website of the Commonwealth Games administration.
www.commonwealthgames.com

**Department for Culture, Media and Sport**
The UK government department overseeing standards and practices in sport.
www.culture.gov.uk

**Disability Sport Events**
The events-organising arm of the English Federation of Disability Sport.
www.disabilitysport.org.uk
Sports and Exercise - Resources on the web cont.

**Division of Sports and Exercise Psychology**  
A membership body for sports psychologists, part of the British Psychological Society.  
[www.bps.org.uk/spex](http://www.bps.org.uk/spex)

**English Federation of Disability Sport**  
A national body responsible for developing disabled sport facilities in England.  
[www.efds.net](http://www.efds.net)

**English Institute of Sport**  
A national Lottery funded sports organisation offering advice, support and medical services.  
[www.eis2win.co.uk](http://www.eis2win.co.uk)

**GCSE Bitesize – Physical Education**  
Revision aids for Sports Science at GCSE level.  
[www.bbc.co.uk/schools/gcsebitesize/pe](http://www.bbc.co.uk/schools/gcsebitesize/pe)

**Human Kinetics**  
A US-based publisher of sports science resources.  
[www.humankinetics.com](http://www.humankinetics.com)

**Inclusive Fitness Initiative**  
An organisation which develops sport facilities for people with disabilities.  
[www.inclusivefitness.org](http://www.inclusivefitness.org)

**International Council of Sports Science and Physical Education**  
An organisation which disseminates sports science research worldwide.  
[www.icsspe.org](http://www.icsspe.org)

**Journal of Sports Science and Medicine**  
A free online journal of sports medicine research.  
[www.jssm.org](http://www.jssm.org)

**Mencap Sport**  
An online resource for athletes with learning disabilities.  
[www.mencap.org.uk/html/mencap_sport](http://www.mencap.org.uk/html/mencap_sport)

**NHS Direct**  
A government health service offering advice on healthy exercise plans.  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

**Osteopathic Sports Care Association**  
A membership body for osteopaths working in sports rehabilitation.  
[www.osca.org.uk](http://www.osca.org.uk)
Sports and Exercise - Resources on the web cont.

Peak Performance Online
A guide to physical training with suggested exercises and programmes.
www.pponline.com

Scottish Sports Association
A professional body which represents all sports associations in Scotland.
www.scottishsportsassociation.org.uk

Special Olympics
The official body which administers the event and also provides year-round training.
www.specialolympics.org

Sport England
A Government- and National Lottery-funded organisation which promotes sports development.
www.sportengland.org

SportsAid
An independent national organisation which gives grants to young British athletes.
www.sportsaid.org.uk

Sports Coach
A comprehensive online resource featuring articles on all aspects of sports science.
www.brianmac.demon.co.uk

Sports Coach UK
A charitable organisation which promotes high standards in sports coaching.
www.sportscoachuk.org

Sport Scotland
The national agency for sport in Scotland.
www.sportscotland.org.uk

Sports Council for Wales
A national organisation promoting sport in Wales.
www.sports-council-wales.co.uk

Sports Council Northern Ireland
A body providing sponsorship for talented young athletes in Northern Ireland.
www.sportni.net
Sports and Exercise - Resources on the web cont.

**Sports Injury Bulletin**
An online medical resource for coaches, athletes and healthcare providers.
www.sportsinjurybulletin.com

**Sports Massage Association**
A membership body representing professional sports massage practitioners in the UK.
www.sportsmassageassociation.org

**Sports Medicine**
Publications and a list of specialised seminars run by the Royal Society of Medicine.
www.rsm.ac.uk/academ/secsport.htm

**Talented Athlete Scholarship Scheme**
A Government-funded programme which gives financial awards to young athletes in further education.
www.tass.co.uk

**UK Sport**
A government agency which works with local sports councils and distributes funds from the National Lottery.
www.uksport.gov.uk

**Women's Sport Foundation**
A charitable body campaigning for improved opportunities for women in sport.
www.wsf.org.uk

**World Anti-Doping Agency**
The organisation which develops and updates the official World Anti-Doping Code.
www.wada-ama.org

**Youth Sport Trust**
An organisation which develops sports programmes for schools and colleges.
www.youthsporttrust.org