

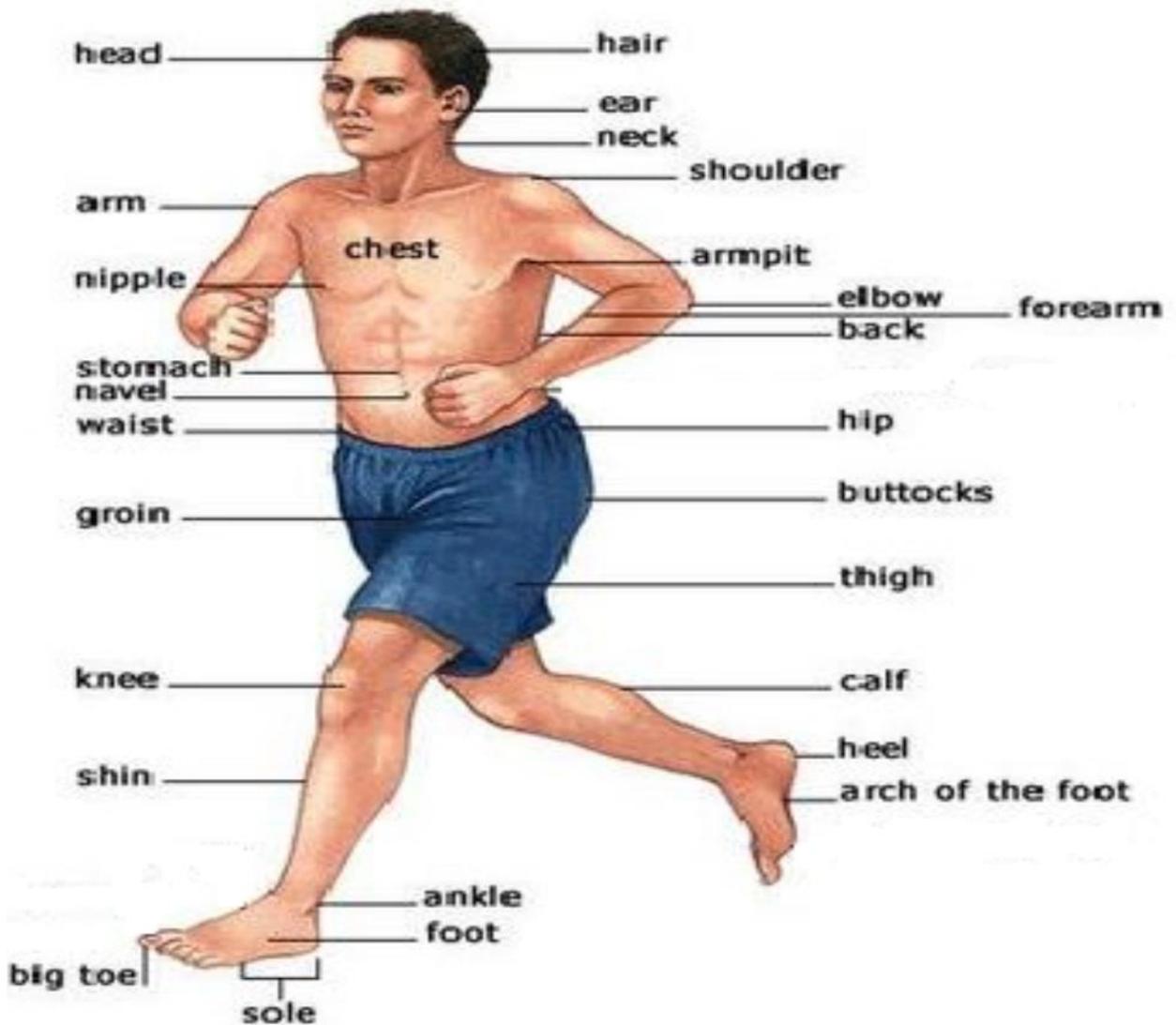
A

ACROBATIC SPORT; sports where athletes performs very difficult movements or tricks, (Gymnastics, Bmx, freestyle ski, trampoline,et.)

AGILITY; ability to change the direction of the whole body in an efficient and effective manner in a combination of static and dynamic balance, speed, coordination, strength and endurance.

ARTERIES; blood vessels, part of the circulation system that carries oxygenated blood away from the heart to all parts of the body.

BODY PARTS



C

(SPORT) COURT; sports playing surface. When this surface is big it might be called "field" (soccer field, rugby field, etc.)

CENTER LINE; line that separates the two sides of a court. In some courses or field there is Center Circle as well, (basketball, soccer, etc.)

F

FINISH LINE; a line on the ground used in sports for showing where a race finishes or a physical ending point for a sport.

FITNESS (Physical fitness); balance between a series of elements, which combine to produce optimal performance, or sport performance, and resistance to fatigue.

Include;

- ✓ Flexibility
- ✓ Stamina/Endurance
- ✓ Strength
- ✓ Speed

FLEXIBILITY; refers to the absolute range of motion in a joint or series of joints (combination), and the length in the muscles that cross the joints to perform a bending or moving motion. It can be increase by stretching exercise.

H

HEART RATE; number of contractions (heartbeats) of the heart per minute (bpm). the heart rate can vary according to the body's physical needs, including the need to absorb oxygen and excrete carbon dioxide.

J

JOINT or ARTICULATION; connection made between bones in the body, they are constructed to allow for different degrees and types of movement. Some joints have little movement or not at all (skull bones).

L

LEISURE TIME; the time when you are not working or busy.

T

TENDON; is a tough band of fibrous connective tissue that usually connects muscle to bone and is capable of withstanding (resist) tension. Tendons are similar to ligaments; both are made of collagen.

TRACK AND FIELD; individual sport grouping together 30 different events as; 100 meters, 110 meter hurdles, race walking, decathlon, marathon, javelin, shot put, pole vault, high jump, long jump....and many others.

S

SPEED; the ability of the human body to run or move fast.

SPRINT; running at top speed, is important in athletics and many sports, such as rugby, track and field, soccer, baseball or basketball.

STRENGTH; the ability to move, stop or put up against physical object through muscular contraction.

STAMINA; or **ENDURANCE** is the ability of the human body to make an effort over a long time without getting tired, and to recover fast.