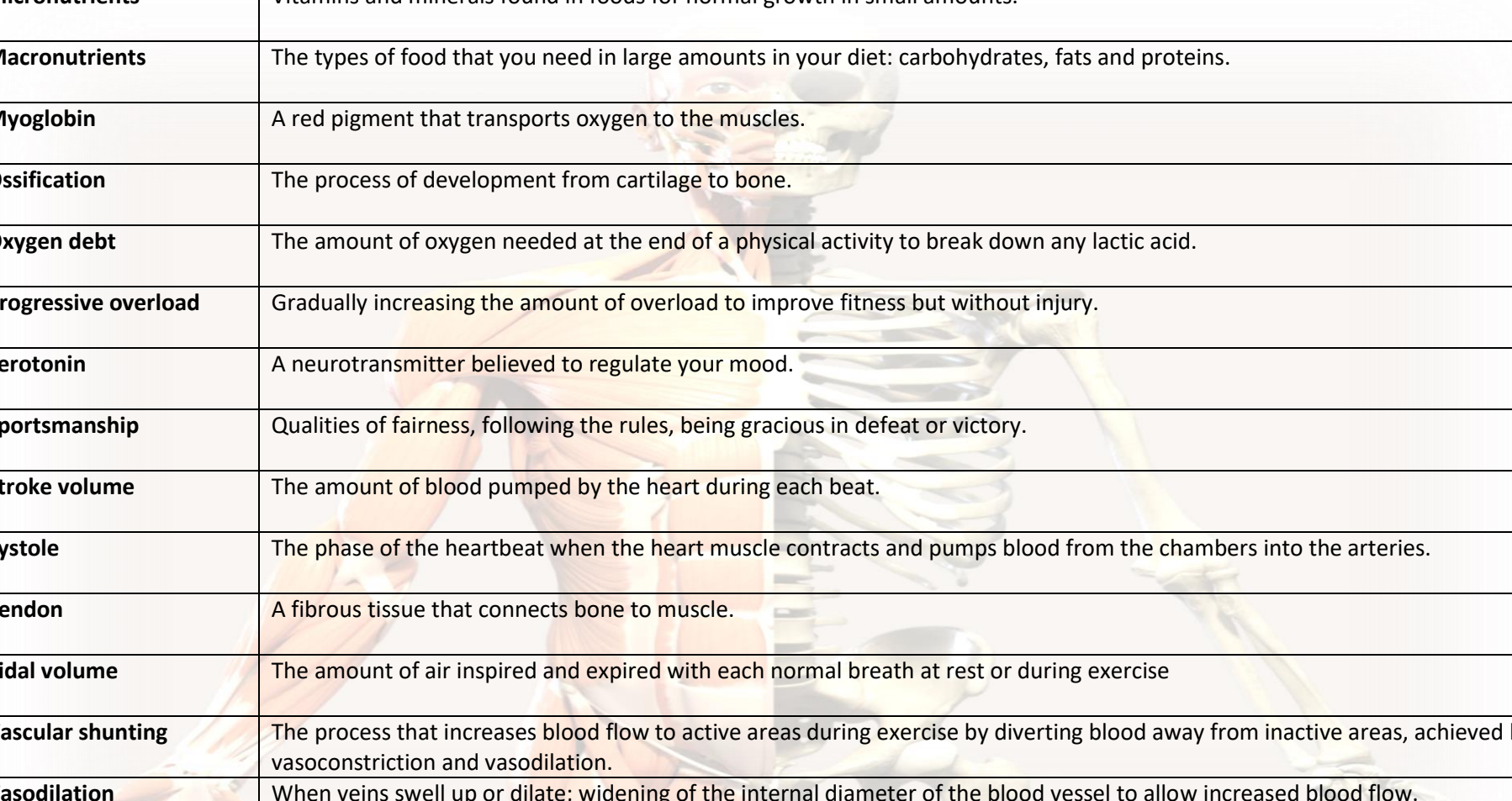


KEY WORDS: GCSE PHYSICAL EDUCATION & BTEC NATIONAL in SPORT

Aerobic respiration	The process of releasing energy from glucose using oxygen.
Anaerobic respiration	The process of releasing energy from glucose without oxygen.
Alveoli	Tiny sacs at the end of the bronchioles, within the lungs, that allow oxygen and carbon dioxide to move between the lungs and the bloodstream.
Blood pressure	The pressure of the blood against the walls of the blood vessels, especially the arteries.
Cardiac output	The amount of blood pumped by the heart in one minute.
Commercialisation	Making something available on the market; using something to make a profit.
Deviance	Behaviour that falls outside the norms of what is thought to be acceptable (moral values/laws).
Diaphragm	Primary muscle used during inspiration. Dome-shaped sheet of muscle separating the chest from the body cavity.
Diastole	The phase of the heartbeat when the heart muscle relaxes and lets the chambers fill with blood.
Erythrocyte	Red blood cell.
Gamesmanship	Bending the rules/laws of a sport without actually breaking them.
Gaseous exchange	The delivery of oxygen from the lungs to the bloodstream and the removal of carbon dioxide from the tissues.
Glucose	A major source of energy for most cells in the body.
Glycogen	The stored form of carbohydrate primarily located in the muscles and liver and readily available as energy fuel.
Haemoglobin	A red protein in the blood that transports oxygen.
Lactic acid	A colourless acid produced in muscle tissue during strenuous anaerobic exercise when exercising at high intensity.
Ligament	A strong, flexible connective tissue that connects bones to other bones.

KEY WORDS: GCSE PHYSICAL EDUCATION



Micronutrients	Vitamins and minerals found in foods for normal growth in small amounts.
Macronutrients	The types of food that you need in large amounts in your diet: carbohydrates, fats and proteins.
Myoglobin	A red pigment that transports oxygen to the muscles.
Ossification	The process of development from cartilage to bone.
Oxygen debt	The amount of oxygen needed at the end of a physical activity to break down any lactic acid.
Progressive overload	Gradually increasing the amount of overload to improve fitness but without injury.
Serotonin	A neurotransmitter believed to regulate your mood.
Sportsmanship	Qualities of fairness, following the rules, being gracious in defeat or victory.
Stroke volume	The amount of blood pumped by the heart during each beat.
Systole	The phase of the heartbeat when the heart muscle contracts and pumps blood from the chambers into the arteries.
Tendon	A fibrous tissue that connects bone to muscle.
Tidal volume	The amount of air inspired and expired with each normal breath at rest or during exercise
Vascular shunting	The process that increases blood flow to active areas during exercise by diverting blood away from inactive areas, achieved by vasoconstriction and vasodilation.
Vasodilation	When veins swell up or dilate; widening of the internal diameter of the blood vessel to allow increased blood flow.
Vasoconstriction	When veins shrink down; narrowing of the internal diameter of the blood vessel to decrease blood flow.
Vital capacity	The greatest amount of air made to pass into and out of the lungs by the most forceful inspiration and expiration.