



HOLY TRINITY

Sport Science Vocabulary

<u>Y10 & Y11 – R180 / Y10 R183</u>	<u>Y11</u>
<p>R180 - Reducing the Risk of Sports Injuries and dealing with common medical conditions.</p> <p>General Terms Compulsory / Identify / Suggest / Describe / Explain why / State your reason / Analysis & Evaluation.</p> <p>Topic Area 1</p> <p>Extrinsic / Contact / Environment / Hazard.</p> <p>Intrinsic / Individual Variables / Training / Fitness levels / Overuse / Muscle imbalances / Gender / Flexibility / Nutrition / Previous or Recurring injuries / Motivation / Aggression / Arousal or anxiety levels.</p> <p><u>Posture</u> - Poor stance / Gait / Pelvic Tilt / Lordosis / Kyphosis / Round Shoulder / Scoliosis</p> <p>Topic Area 2</p> <p><u>Physical</u> - Increased Blood Flow / Flexibility / Pliability / Blood Flow.</p>	<p>R181 - Applying Principles of training: fitness and how it affects skill performance</p> <p>General Terms</p> <p>Mandatory / Internally Assessed Examples (Wide Range / Relevant / Developed) Results / Extensive Range Precision Recording Protocols / Guidelines Data Interpretation / Reliability / Validity Fitness Programme / Comprehensive / Specific / Justified Witness Statement</p> <p>Topic Area 1</p> <p>Progressive Overload / FITTA / Adaptation</p> <p>‘Use it or lose it’ / Regress / Reversibility</p> <p>Individual Characteristics (Age, Gender, Environment, Experience)</p>

Psychological - Heighten or control arousal levels, / 'Get in the zone' or settle nerves / Improve concentration and focus / Increase motivation / Mental rehearsal.

Key Components – Pulse raising / Mobility / Stretching / Dynamic Movements / Skill Rehearsal

Physical - Transition back to a resting state / Circulates blood and oxygen /

Removes waste products (Lactic acid).

Key Components – Pulse lowering / Maintenance Stretches / Static Stretches.

Specific Needs - Characteristics of the individual or group / size of group /

age and experience of participants / individual fitness level / medical conditions /

Environmental factors /

Available facilities.

Topic Area 3

Acute / Trauma / Symptoms.

Chronic / Overuse / Continuous Stress.

Soft tissue injuries: Sprains / Strains / Rest, Ice, Compression, Elevation (RICE).

Overuse: Tendonitis / Tennis Elbow / Shin splints / Repetition / Over-training / RICE.

Variance

Topic Area 2

Aerobic - Long Duration / Low Intensity / Examples (Walking, Jogging, Swimming, Rowing, Cycling), Improves Endurance.

Anaerobic – Short Duration / High Intensity / Oxygen Consumption / Energy Demands / Waste Products / Lactic Acid / Examples (Weightlifting Repetitions, Short bursts – sprints) / Improves Speed, Power and Strength.

Strength

Contract / Resistance / Restraining / Pushing / Holding

Power

Strength x Speed / Exerting Muscular Strength Rapidly / Jumping / Throwing

Agility

Change direction quickly / Maintain control / Weaving / Swerving

Balance

Upright / Stable / Centre of Mass / Base of support / Dynamic / Static

Flexibility

Fractures: Open / Closed / Trauma / Collision / Immobilisation / Medical Assessment.

Blisters / Cramp: Protection / Muscle Contraction / Dehydration.

Injuries related to children: Sever's Disease / / Inflammation / Growth Plate / Osgood Schlatter's Disease

Topic Area 4

SALTAPS - See, Ask, Look, Touch, Active, Passive, Strength.

RICE / Rehabilitation.

Stretching / Massage / Subacute / Taping / Bandaging / Splints / Slings / Hot and cold treatments.

EAP (Emergency Action Plan)

Emergency personnel: first responder, first aider, coach.

Emergency communication: telephone, emergency numbers, emergency services.

Emergency equipment: first aid kits, evacuation chair.

Move joints through a range of motion / Stretching / Reaching

Muscular Endurance

Contracting repeatedly over long periods of Cycling / Rowing / Swimming

Cardiovascular Endurance

Heart / Blood Vessels / Oxygen / Intensity / Long-distance events.

Cardiovascular Training

Continuous / Steady State / Aerobic / Training Zone / Maximum Heart Rate / Interval / Intensity / Anaerobic / Fartlek / Combinations / Speed Play / Terrain

Resistance Training

Working against a 'force' / Weight Training / Free weights / Body resistance / Contraction / Set & Repetitions (Reps) / Hypertrophy / Muscular Strength & Endurance / Circuit / Stations

Power Training

Plyometrics / Bounding / Eccentric & Concentric Contraction / Acceleration Sprint Training

Flexibility Training

Static Stretching / Active (Participant Only) / Passive - External Force (Partner / Band) / Dynamic Stretching (Rotations / Lunges)

Topic Area 5

Asthma: Coughing / Wheezing / Shortness of Breath / Tightness in the chest / Reassure / Inhaler.

Diabetes: Increased thirst / Extreme tiredness.

Type 1 (insulin-dependent)

Type 2 (non-insulin dependent).

Give insulin if the person is *hyperglycaemic* (high blood sugar) and sugar if the person is *hypoglycaemic* (low blood sugar).

Epilepsy: Seizures.

Response:

Awareness of participants' medical conditions / Check for Emergency Care Plan / Get medical attention (999).

R183 - Sports Nutrition

General Terms

Optional / Internally Assessed / Characteristics / Healthy, balanced diet / Comprehensively describe / Nutrients / Wide range of examples.

Topic Area 1

Agility Training

SAQ (Speed, Agility, Quickness) / Explosive / Neuromuscular

Balance Training

Core / Base / Balance Board / Exercise Ball

Topic Area 3

Validity / Protocol / Reliability / Normative Data / Medical Assessment / Benchmark / Comparison Chart

Burpee Test, Squat Test, Wall Squat Test

Vertical Jump Test, Standing Long Jump Test

Shuttle Run Test, Illinois Agility Run

Standing Stork Test

Sit and Reach Test, Trunk Flexion Test

30 second sit-up Test / One minute press-up Test

Cooper Run, Harvard Step Test / Multistage Fitness Test (Bleep Test)

Maximal - working at maximum effort or tested to exhaustion e.g. Cooper run test, bleep test.

'Eatwell Guide' / Energy Balance / Calories / Basal Metabolic Rate (BMR) / Food Groups / Food Allergy / Food Intolerance / Individual taste

Macronutrients / Micronutrients

Carbohydrates / Fats / Proteins / Fibre / Water / Vitamins and minerals.

Glucose / Glycogen / Energy / Growth & Repair / Hydration / Digestion

Simple Carbohydrates (Sugars) / Complex Carbohydrates (Pasta) / Saturated Fats (Butter / Cheese) Unsaturated Fats (Vegetable Sources) / Protein (Meat / Fish / Cereals / Pulses) / Fibre / Roughage (Fruit / Vegetables / Grains) / Vitamins (Fruit / Vegetables) Minerals (Calcium – Milk / Cheese / Iron – Meat / Green Vegetables).

Topic Area 2

Nutrition / Energy sources / Hydrated / Pre-exercise meal / Replenish / Rehydrate

Low Intensity / Long-duration / Carbo-loading / Glycogen Stores

Short, sharp bursts of energy /

Sub-maximal - working below maximum effort e.g. Harvard step test.

Conduct / Same Order / Validity

Against Normative Data / Reliability / Average Range

Topic Area 4

Strengths & Weaknesses / Physical Activity Readiness Questionnaire (PARQ) Relevance / Principles / Independent / Comprehensive Evaluation / Improvement Ideas

Name / Age / Gender / Weight / Injuries / Access to Facilities

Client Progress Review / Which components

SMART (Specific, Measureable, Achievable, Realistic, Time Bound)

Short - Medium - Long Term

Six weeks

Match Needs / Target Areas / Suitable

Variance / Rest / Work-to-Rest Ratio / Overtraining

<p>Strength-based / Hypertrophy</p> <p>Multi-vitamins / Protein Powders, Herbal Remedies / Creatine.</p> <p>Topic Area 3</p> <p>Malnutrition / Unbalanced diet / Wrong Proportion.</p> <p>Overweight / Deterioration / Loss of confidence / Anxiety / High Blood Pressure / Obesity / Cholesterol.</p> <p>Lack of Energy / Weaker muscles / Impaired Concentration / Eating Disorder (Anorexia) / Illness.</p> <p>Overheating / Tiredness.</p> <p>Topic Area 4</p> <p>Age / Gender / Allergies / Religious Beliefs / Food Budget / Cooking skill / Food Consumption / Healthy Foods / SMART goals (Specific / Measureable / Attainable / Realistic / Time-Bound) / Pre-season / Post-season / Format / Aims / Duration.</p>	<p>Adapting the programme if needed</p> <p>Evaluate / Adjust (FITTA)</p> <p>Measurement / Reflection on Self or Interview Subject / Results / Review / Improvement / Boredom / Variety / Intensity / Future Alterations</p>
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