

# GCSE PE

Key Terms/Phrases = Marks

# AEROBIC

- 'with oxygen'. If exercise is not too fast and is steady, the heart can supply all the oxygen muscles need.

# ALVEOLI

- Air sacs where gaseous exchange takes place

# ANABOLIC STEROIDS

- Drugs that mimic the male sex hormone testosterone and promote bone and muscle growth

# ANAEROBIC

- ‘without oxygen’. If exercise is done in short, fast bursts, the heart cannot supply blood and oxygen to the muscles as fast as the cells use them

# ANTAGONIST

- Relaxing muscle allowing movement

# AORTA

- Main blood vessel leaving the heart

# ATROPHY

- When muscle loses its size because of lack of exercise



# BETA-BLOCKERS

- Drugs that are used to control heart rate and that have a calming and relaxing effect

# BLOOD DOPING

- Is a banned method of improving performance that does not involve the use of drugs

# BLOOD PRESSURE

- The force exerted by circulating blood on the walls of the blood vessels

# BODY COMPOSITION

- The % of body weight that is fat, muscle and bone

# CARBOHYDRATE LOADING

- Building up carbohydrates in the body to use in endurance events

# CARDIAC OUTPUT

- The amount of blood ejected from the heart in one minute

# CARTILAGE

- Tough, flexible tissue, can be found at the end of bones

# CIRCUIT TRAINING

- A series of exercises completed in order and for a certain time



# CIRCULATORY SYSTEM

- Transports blood using the heart and blood vessels

# COMPOUND/OPEN FRACTURE

- The bone breaks and comes through the skin

# CONTINUOUS TRAINING

- Aerobic exercising, at a moderate to high level, with no rests

# COORDINATION

- The ability to use two or more body parts together

# DIURETICS

- Drugs that elevate the rate of bodily urine excretion

# ERYTHROPOIETIN (EPO)

- A type of peptide hormone that increases the red blood cell count

# FAST TWITCH MUSCLE FIBRES

- Muscle fibres used in events requiring quick reactions and power

# FITT

- Frequency, Intensity, Time, Type  
(used to increase the amount of work the body does, in order to achieve overload)



# HAEMOGLOBIN

- Found in red blood cells, transports oxygen to body tissue

# HEALTH

- A state of complete mental, physical and social well-being, and not merely the absence of disease and infirmity

# HYPERTROPHY

- When muscle increases in size because of exercise

# INDIVIDUAL DIFFERENCES/ NEEDS

- Matching training to the requirements of an individual

# INVOLUNTARY MUSCLES

- Work automatically, controlled by the involuntary nervous system

# LACTIC ACID

- Chemical built up in the muscles during anaerobic exercise

# LIGAMENT

- Tough, rounded, elastic fibre attaching bone to bone at a joint

# MAXIMUM HEART RATE

- $220 - \text{Age}$



# NARCOTIC ANALGESICS

- Drugs that can be used to reduce the feeling of pain

# OPTIMUM WEIGHT

- Ideal weight for a person, giving them the best chance of success in an activity

# OXYGEN DEBT

- The amount of oxygen consumed during recovery above that which would have ordinarily been consumed in the same time at rest (this results in a shortfall in the oxygen available)

# PEPTIDE HORMONES

- Drugs that cause the production of other hormones

# REACTION TIME

- The time between the presentation of a stimulus and the onset of a movement

# RECOVERY RATE

- The time it takes for the heart to return to resting rate after exercise

# SIMPLE/CLOSED FRACTURE

- Break of the bone when the skin is not broken

# SLOW TWITCH MUSCLE FIBRES

- Muscle fibres required in endurance events



# SPRAIN

- Injury involving joints and ligaments

# STIMULANTS

- Drugs that have an effect on the central nervous system, ie increased mental and/or physical alertness

# STRAIN

- Pulled muscle as a result of overstretching

# STROKE VOLUME

- The volume of blood pumped out of the heart by each ventricle during one contraction

# SUPERIOR VENA CAVA

- Blood vessel transporting deoxygenated blood back to the heart

# TARGET ZONE

- The range within which an individual needs to work for aerobic training to take place (60 - 80% MHR)

# TENDONS

- Strong, non-elastic tissue attaching bone to muscle

# TIDAL VOLUME

- Amount of air breathed in or out during normal breathing



# VITAL CAPACITY

- Amount of air that can be breathed out, after a deep breath in

# VO<sub>2</sub> MAXIMUM

- The maximum amount of oxygen used in one minute per kilogram of body weight