International Baccalaureate · IB Diploma · Sports, Exercise and Health Science · HL

Glossary · every term in the course, A–Z

English

ability
/əˈbɪləti/
absorption
/əbˈsɔːpʃn/
acclimatisation

acetylcholine
/ˈæsɪtɪlkəliːn/
achievement goal theory

achievement motivation

action potential
/ˈækʃn pəˈtenʃl/
active recovery

acute response
/əˈkjuːt rɪˈspɒns/
adrenaline
/əˈdrenəlɪn/
alveoli
/ˈælvɪɒli/
amotivation

anonymous

anticipation
/ænˈtɪsɪpeɪʃn/
antidiuretic hormone
/ˌæntɪˌdɪjuːˈretɪk ˈhɔːməʊn/
anxiety

appraise

arousal
/əˈraʊzl/

exercises.lol exercises.com.cn

English

arteriovenous oxygen difference

artery
/ˈɑːtəri/

associative stage

atria
/ˈeɪtrɪə/

atrioventricular node
/ˌeɪtrɪˌəʊvənˈtrɪkjʊlə nəʊd/

attribution
/ətrɪˈbjuːʃn/

attribution retraining

augmented feedback
/ɔːgˈmentɪd ˈfiːdbæk/

autonomic nervous system
/ɔːtəˈnɒmɪk ˈnɜːvəs ˈsɪstəm/

autonomous stage

autonomy
/ɔːˈtɒnəmi/

avoidance coping

axis
/ˈæksɪs/

axon
/ˈæksɒn/

base of support
/beɪs ɒv səˈpɔːt/

big Five
/bɪg faɪv/

biofeedback

biological variation

blood pressure
/blʌd ˈpreʃə/

Bohr shift
/ˈbəʊə ʃɪft/

bradycardia

exercises.lol exercises.com.cn

English

burnout

calibration
/ˌkælɪˈbreɪʃn/

capillary
/kəˈpɪlərɪ/

cardiac output
/ˈkɑːdiæk ˈaʊtpʊt/

cardiovascular system

catastrophe theory

cell body
/sel ˈbɒdi/

central fatigue

central nervous system
/ˈsentrəl ˈnɜːvəs ˈsɪstəm/

centre of mass
/ˈsentə ɒv mæs/

chemoreceptor
/ˌkiːməʊˈreseptə/

choking

circuit training

coefficient of variation

cognitive anxiety

cognitive evaluation theory

cognitive stage

collaborative sciences

project

competence

concentration
/ˌkɒnsənˈtreɪʃn/

conscientiousness
/ˌkɒnsɪˈenʃəsnəs/

contextual interference

exercises.lol exercises.com.cn

continuous training

controlled variable
/kən'trəʊld 'veərɪəbl/

coping
/'kəʊpɪŋ/

cortisol
/'kɔːtɪsɒl/

counterbalancing
/'kaʊntəbælənsɪŋ/

critical value
/'krɪtɪkl 'vælju:/

cue word

delayed-onset muscle soreness

deliberate practice

dendrite

dependent variable
/dɪ'pendənt 'veərɪəbl/

depolarisation
/di:ˌpəʊləraɪ'zeɪʃn/

developmental model of sport participation

diaphragm
/'daɪəfræm/

diastole
/'daɪəstəʊl/

diastolic pressure

diffusion
/dɪ'fju:ʒn/

digestion
/daɪ'dʒestʃn/

distress
/dɪ'stres/

double circulation
/'dʌbl ˌsɜ:kjʊ'leɪʃn/

double-blind
/'dʌbl blaɪnd/

exercises.lol exercises.com.cn

English

drive theory

early specialisation

ecological validity

effector
/ɪˈfektə/

ego orientation

emotion-focused coping
/ɪˈməʊʃn ˈfəʊkəst ˈkəʊpɪŋ/

endocrine system
/ˈendəʊkraɪn ˈsɪstəm/

error bar
/ˈerə bɑː/

erythropoietin

eustress
/ˈjuːstrəs/

exercise adherence

expiration

external imagery

external validity

extrinsic (augmented) feedback

extrinsic motivation
/ekˈstrɪnsɪk ˌməʊtɪˈveɪʃn/

extrovert

fartlek

fatigue
/fəˈtiːg/

feedback
/ˈfiːdbæk/

functional overreaching

exercises.lol exercises.com.cn

English

general adaptation syndrome
/ˈdʒenərəl ˌædæpˈteɪʃn ˈsɪndrəʊm/
gland
/glænd/
glucagon
/ˈgluːkægən/
Goal setting
/gəʊl ˈsetɪŋ/
golgi tendon organ

growth hormone

haemoglobin
/ˌhiːməˈgləʊbɪn/
heart rate reserve

heat acclimatisation

hick's law

homeostasis
/ˌhəʊmiːəˈstɑːsiz/
hormone
/ˈhɔːməʊn/
hypertrophy

hypothalamus
/ˌhaɪpəʊˈθælæməs/
hypothermia

hypothesis
/haɪˈpɒθəsɪs/
iceberg profile

imagery
/ˈɪmɪdʒri/
impulse
/ˈɪmpʌls/
incidence rate
/ˈɪnsɪdəns reɪt/
independent variable
/ˌɪndɪˈpendənt ˈveərɪəbl/

exercises.lol exercises.com.cn

English

individual difference

individual zones of optimal functioning

informed consent

/ɪnˈfɔːmd kənˈsent/

inspiration

instructional self-talk

insulin

/ˈɪnsjuːlɪn/

interactionist approach

internal imagery

internal validity

interval training

intrinsic feedback

intrinsic motivation

/ɪnˈtrɪnsɪk ˌməʊtɪˈveɪʃn/

introvert

kinaesthetic imagery

knowledge of performance

knowledge of result

lactate threshold

Learned helplessness

/lɜːnd ˈhelpləsnəs/

Learning

learning effect

lever arm

/ˈliːvə ɑːm/

long-term memory

/lɒŋ tɜːm ˈmeməri/

exercises.lol exercises.com.cn

English

macrocycle

matching hypothesis

maturation

maximum heart rate

mean
/miːn/

mental rehearsal

mental toughness

mesocycle

microcycle

mindfulness and meditation

minute ventilation
/ˈmɪnɪt ˌventɪˈleɪʃn/

mitochondria
/ˌmaɪtəˈkɒndrɪə/

motivation
/ˌməʊtɪˈveɪʃn/

motivational climate

motivational self-talk

motor neuron

motor programme

motor skill

motor unit

multidimensional anxiety theory

muscle spindle

myelin sheath
/ˈmaɪəlɪn ʃiːθ/

exercises.lol exercises.com.cn

English

myogenic
/ˌmaɪəʊˈdʒenɪk/
myoglobin

negative feedback
/ˈnegətɪv ˈfiːdbæk/
nervous system
/ˈnɜːvəs ˈsɪstəm/
neural adaptation

neuromuscular junction
/ˌnjuːrəˈmʌskjʊlə ˈdʒʌŋkʃn/
neuron
/ˈnjuːrɒn/
neuroticism
/njuːˈrɒtɪsɪzəm/
neurotransmitter
/ˈnjuːrətrænsmɪtə/
nodes of Ranvier

normative data

null hypothesis
/nʌl haɪˈpɒθəsɪs/
outcome goal

overtraining syndrome

overuse injury
/ˌəʊvəˈjuːs ˈɪndʒəri/
parasympathetic
/ˌpærəˌsɪmpəˈθetɪk/
partial pressure of oxygen

pearson's correlation coefficient

percentage of maximal oxygen uptake

perfectionism

performance goal

exercises.lol exercises.com.cn

English

performance profile

periodisation

peripheral fatigue

peripheral nervous system
/pəˈrɪfərəl ˈnɜːvəs ˈsɪstəm/

personality
/ˌpɜːsəˈnælɪti/

pilot study

placebo
/pləˈsiːbəʊ/

plane
/pleɪn/

plateau
/ˈplætəʊ/

plyometrics

pre-performance routine

problem-focused coping
/ˈprɒbləm ˈfəʊkəst ˈkəʊpɪŋ/

process goal

progressive muscle relaxation

progressive overload

proprioceptor

psychological refractory period

Psychological skills
/saɪkəˈlɒdʒɪkl skɪlz/

psychological skills training

purkinje fibre

random error
/ˈrændəm ˈerə/

rating of perceived exertion

exercises.lol exercises.com.cn

English

reaction time
/rɪˈækʃn taɪm/
receptor
/rɪˈseptə/
recovery
/rɪˈkʌvəri/
recruitment
/rɪˈkruːtmənt/
red blood cell
/red blʌd sel/
reflex
/ˈriːfleks/
reframing

relatedness

relative age effect

reliability
/rɪˌlaɪəˈbɪlɪti/
repolarisation
/rɪˌpəʊləraɪˈzeɪʃn/
research question
/rɪˈsɜːtʃ ˈkwestʃn/
residual volume

resistance training

respiratory system

resting potential
/ˈrestɪŋ pəˈtenʃl/
retention
/rɪˈtenʃn/
retention test

reversibility
/rɪˌvɜːsəˈbɪlɪti/
scatter graph
/ˈskætə græf/
schema theory

exercises.lol exercises.com.cn

English

scientific investigation

selective attention
/sɪˈlektɪv əˈtenʃn/
self-determination theory
/self dɪˌtɜːmɪˈneɪʃn ˈθɪəri/
self-efficacy
/self ˈefɪkəsi/
self-report scale
/self rɪˈpɔːt skeɪl/
self-serving bia

self-talk

short-term memory
/ʃɔːt tɜːm ˈmeməri/
single-case design

sinoatrial node
/sɪˈnəʊtrɪəl nəʊd/
social learning theory
/ˈsəʊʃl ˈlɜːnɪŋ ˈθɪəri/
social support

somatic anxiety

somatic nervous system
/səˈmætɪk ˈnɜːvəs ˈsɪstəm/
specificity
/ˌspesɪˈfɪsɪti/
spirometer

stages of learning

standard deviation
/ˈstændəd ˌdiːvɪˈeɪʃn/
state anxiety

statistically significant
/stəˈtɪstɪkli sɪgˈnɪfɪkənt/
steady state
/ˈstedi steɪt/

exercises.lol exercises.com.cn

English

stress
/stres/
Stress
/stres/
stressor
/ˈstresə/
stroke volume
/strəʊk ˈvɒljuːm/
submaximal

supercompensation

sweat rate
/swet reɪt/
sympathetic
/ˌsɪmpəˈθetɪk/
synapse
/ˈsɪnæps/
systematic error
/ˌsɪstəˈmætɪk ˈerə/
systole
/ˈsɪstəʊl/
systolic pressure

taper

task orientation

thought stopping

threshold
/ˈθreʃəʊld/
tidal volume

torque
/tɔːk/
training adaptation
/ˈtreɪnɪŋ ˌædæpˈteɪʃn/
trait anxiety

trait theory

transactional model

exercises.lol exercises.com.cn

English

transfer
/ˈtrænsfɜː/
transfer test

transtheoretical model

uncertainty
/ʌnˈsɜːtənti/
validity
/væˈlɪdɪti/
valve
/vælv/
vascular shunt

vasoconstriction
/ˌvæsəkənˈstrɪkʃn/
vasodilation
/ˌvæsədɪˈleɪʃn/
vein
/veɪn/
venous return

ventilatory threshold

ventricle
/ˈventrɪkl/
verbal persuasion

vicarious experience

vital capacity

water balance
/ˈwɔːtə ˈbæləns/