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
/ˈælvɪəli/
amotivation

anonymous

anticipation
/ænˈtɪsɪpeɪʃn/
antidiuretic hormone
/ˌæntɪˌdɪjuːˈretɪk ˈhɔːməʊn/
anxiety

appraise

arousal
/əˈraʊzl/

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

English

burnout

calibration
/ˌkælɪˈbreɪʃn/

capillary
/kəˈpɪlәri/

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

English

continuous training

controlled variable
/kənˈtrəʊld ˈveərɪəbl/

coping
/ˈkəʊpɪŋ/

cortisol
/ˈkɔːtɪsɒl/

counterbalancing
/ˈkaʊntəbælənsɪŋ/

critical value
/ˈkrɪtɪkl ˈvælju:/

cue word

delayed-onset muscle soreness

deliberate practice

dendrite

dependent variable
/dɪˈpendənt ˈveərɪəbl/

depolarisation
/diːˌpəʊlәraɪˈzeɪʃn/

developmental model of sport participation

diaphragm
/ˈdaɪәfræm/

diastole
/ˈdaɪәstәʊl/

diastolic pressure

diffusion
/dɪˈfjuːʒn/

digestion
/daɪˈdʒestʃn/

distress
/dɪˈstres/

double circulation
/ˈdʌbl ˌsɜːkjʊˈleɪʃn/

double-blind
/ˈdʌbl blaɪnd/

English

drive theory

early specialisation

ecological validity

effector
/ɪ'fektə/
ego orientation

emotion-focused coping
/ɪ'məʊʃn 'fəʊkəst 'kəʊpɪŋ/
endocrine system
/'endəʊkraɪn 'sɪstəm/
error bar
/'erə bɑː/
erythropoietin

eustress
/'juːstrəs/
exercise adherence

expiration

external imagery

external validity

extrinsic (augmented) feedback

extrinsic motivation
/ek'strɪnsɪk ˌməʊtɪ'veɪʃn/
extrovert

fartlek

fatigue
/fə'tiːg/
feedback
/'fiːdbæk/
functional overreaching

English

general adaptation syndrome
/'dʒenərəl ˌædæp'teɪʃn 'sɪndrəʊm/
gland
/glænd/
glucagon
/'gluːkægən/
Goal setting
/gəʊl 'setɪŋ/
golgi tendon organ

growth hormone

haemoglobin
/ˌhiːmə'gləʊbɪn/
heart rate reserve

heat acclimatisation

hick's law

homeostasis
/ˌhəʊmiːə'stɑːsiz/
hormone
/'hɔːməʊn/
hypertrophy

hypothalamus
/ˌhaɪpəʊ'θælæməs/
hypothermia

hypothesis
/haɪ'pɒθəsɪs/
iceberg profile

imagery
/'ɪmɪdʒri/
impulse
/'ɪmpʌls/
incidence rate
/'ɪnsɪdəns reɪt/
independent variable
/ˌɪndɪ'pendənt 'veərɪəbl/

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/

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 /ˈmaɪɪlɪn ʃiːθ/

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

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

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
/rɪˌpəʊlərəraɪˈzeɪʃn/
research question
/rɪˈsɜːtʃ ˈkwestʃn/
residual volume

resistance training

respiratory system

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

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

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/

English
stress /stres/ Stress /stres/ stressor /'stresə/ stroke volume /strəʊk 'vɒlju:m/ submaximal
supercompensation
sweat rate /swet reɪt/ sympathetic /ˌsɪmpə'θetɪk/ synapse /'sɪnæps/ systematic error /ˌsɪstə'mætɪk 'erə/ systole /'sɪstəʊl/ systolic pressure
taper
task orientation
thought stopping
threshold /'θreʃəʊld/ tidal volume
torque /tɔ:k/ training adaptation /'treɪnɪŋ ˌædæp'teɪʃn/ trait anxiety
trait theory
transactional model

English
transfer /'trænsfɜ:/ transfer test
transtheoretical model
uncertainty /ʌn'sɜ:tənti/ validity /væ'lɪdɪti/ valve /vælv/ vascular shunt
vasoconstriction /ˌvæsəkən'strɪkʃn/ vasodilation /ˌvæsədɪ'leɪʃn/ vein /veɪn/ venous return
ventilatory threshold
ventricle /'ventrɪkl/ verbal persuasion
vicarious experience
vital capacity
water balance /'wɔ:tə 'bæləns/