

### Key terms

Key Word	Definition
<b>SPORT</b>	The five principles of training, relating to Specificity, Progression, Overload, Reversibility, Tedium
<b>FITT</b>	The four principles of overload – Frequency, Intensity, Time, Type
<b>Overtraining</b>	Excessive exercise that gives the body more work or stress than it can handle
<b>Method of training</b>	A systemic to improving ability in specific areas of health-related or skill-related fitness
<b>High-altitude training</b>	Specialised training at over 5000ft (1524m) above sea level to help the body improve the production of red blood cells
<b>Physiological</b>	To do with the body; physical activities that get the body ready for exercise or wind-down afterwards
<b>Psychological</b>	To do with the mind; activities that stimulate the mind and help the performer prepare mentally for exercise/competition or to relax afterwards
<b>Dynamic stretches</b>	Controlled leg and arm movements that take the limbs to the limits of their range of motion; used to engage muscles and mobilise joints stimulating the action used in the activity
<b>Static stretches</b>	Involve gradually easing into the stretch position and holding the position for 15-20 seconds; a focus for activities such as dance, gymnastics and diving that require the muscles to engage beyond their normal range