



## **Glossary**

- Anatomy** – A scientific study concerned with the physical structure of human body.
- Buoyant** – To be in a state of resilient, cheerful and strong or to stay afloat
- Differently abled** – Refers to those individuals who were normally considered physically or mentally handicapped.
- Kinesiology** – Scientific study about human movements.
- Motivation** – To stimulate interest in something
- Physiology** – A branch of physical education, a science that study about the functions of the human body.
- Psychology** – A study of the mind and behaviour.
- Robust** – Healthy, strong and full of energy
- Sociology** – The scientific study of human society and group behaviour.
- Testimonials** – A formal declaration or something to show appreciation.