



Glossary

Aquatic - Living in or near water or growing or living in water

Buoyancy - The nature of water as a force-producing fluid must be considered for understanding how water provides support for the body as well as how it reacts to movements during aquatic activities

Center of Gravity - The total effects of the force of gravity on a whole body, or system. The force of gravity is concentrated at a single point called Center of Gravity (CG).

Physiology - Physiology is the science dealing with the study of human bodily functions.

Psychology - The term 'Psychology' is derived from two Greek words 'Psyche' and 'logos' wherein psyche means the soul or mind, and the meaning of the logos is to talk about, or science or study. Thus, the literal meaning of the Psychology is the science or study of soul.

Anxiety - Trouble feeling in the mind caused by fear and uncertainty about the future.

Cognitive - It is connected with mental processes of understanding.

Disability - A physical or mental condition which restricts one from using a part of one's body completely or easily.