



Glossary

Rehabilitation: It is a treatment or treatments designed to facilitate the process of recovery. After injured; it requires regaining earlier habits /health conditions.

Brockport Physical Fitness Test: It is health related and criterion referenced test. This test may be used to assess aerobic functioning, body composition, musculoskeletal functioning, and flexibility development, following recovery from activity injuries.

Deaflympics: Formally the World Games for the Deaf and follow international sports federation rules with some minor adjustments.

NBBA: National Beep Baseball Association

NDSA: National Disability Sports Alliance

CISS: Comité International des Sports des Sourds offer competition solely for those with hearing impairments,

USADSAF: The USA Deaf Sports Federation (USADSAF) and its international counterpart.

RICE: rest, ice, compression, elevation

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 effect of the force of gravity on a whole body, or system, is as if the force of gravity were concentrated at a single point called Center of Gravity (CG).

Physiology: Physiology is the science dealing with the study of human body 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 means means that one cannot use a part of your body completely or easily, or that you cannot learn easily.