

GLOSSARY:

Adaptation: Persistent changes in muscle structure or function as a direct response to progressively increasing training loads.

Disability: A disqualifying deprivation be it physical or mental condition that limits a person's movements, senses or activities or a person's abilities from a smaller to greater extent.

Imagery: It can be described as the process of mentally creating or recreating an experience in the mind by using images and a variety of senses.

Intramural: Sports and activities that are carried out or done within the walls of a single education institution, involving only students of the same college or school.

Medical Gymnastics: Pehr Henrik Ling elaborated a system of gymnastics, exercises, and maneuvers divided into four branches namely: pedagogical; medical; military and aesthetic; which carried out his theories and demonstrated the scientific rigour to be integrated or approved by established medical practitioners.

Motivation: It is defined as direction (whether an individual approaches or avoids a situation), intensity (degree of effort) and persistence (how long a person carries on) of behaviour of an individual.

Physical Impairments: A limitation on a person's functioning, mobility, or dexterity. Physical impairment also refers to the limitations to facets of daily living, such as respiratory disorders, blindness, epilepsy and sleep disorders.

Recreation: An act or activity of leisure done for breaking the monotony of daily normal tasks, which is mainly done for enjoyment, refreshment of the mind, body or spirit through play and relaxation.

Rehabilitation: Rehabilitation is a treatment or treatments designed to facilitate the process of recovery from injury, illness, or disease to as normal a condition as possible.

Rheumatism: Rheumatism refers to any disease that is marked by inflammation and pain in the joints, muscles, or fibrous tissue, especially rheumatoid arthritis. It is a disorder of the connective tissue structures of the body, especially those in the back or the extremities, characterized by pain or stiffness.