

GLOSSARY:

Interest: Interest is a feeling or emotion that causes attention to focus on an object, event or process.

Motor Action: Motor actions also known as motor skills refer to the ability of an individual to perform complex muscle and nerve actions that produce movements. It also consists of fine motor actions like writing, painting and large motor actions such as walking, kicking etc.

Periodization: The scheduling of the training plan of the athlete or sportsperson in such a way that the top performance is attained at the time of the competition.

Skill: The execution of the theoretical model into action is referred to as skill. A motor skill is acquired through a long and continuous process of motor learning. Skill denotes the level of effectiveness with which a movement or motor skill or technique can be done.

Sprints: Sprints comprises events which require running very fast for a short distance in the quickest or shortest possible time.

Style: An individual or personal aspect that defines an individual's execution of technique.

Synchronized Swimming: It is a swimming exercise, exhibition and competitive sport growing out of water ballet in which swimmers in solo, duet and team efforts complete various required figures by performing motions in relatively stationary positions, along with a freestyle competition, with the contestants synchronizing movements to music and being judged for body position, control and the degree of difficulty of the moves.

Technique: Technique is a theoretical model; it is scientific and 100% efficient. It is subdivided into three parts the technique, skill and style.

Theoretical Model: Theories are formulated to explain, predict and understand phenomenon and in many cases to challenge and extend existing knowledge within the limits of critical bounding assumptions. The theoretical model or framework is the structure that can hold or support a theory of a research study. It introduces and describes the theory that explains why the research problem under study exists.

Training State: Training state refers to the stage of training an athlete is in at a certain given time. An athlete may be a beginner, an intermediate or at the advanced level hence the training state of each of them is different and is dynamic.