

## **GLOSSARY:**

**Competition:** An event, contest, activity or condition of striving to gain or win something by defeating or establishing superiority over others.

**Frosbusy Flop:** Named after Dick Fosbury, US winner of men's high jump at Mexico Olympics in 1968, who perfected the modern high jumping technique whereby the jumper clears the bar headfirst and backwards.

**Opponent:** Opponent is someone who competes with or opposes another in a contest, game or argument.

**Psychic Factors:** Psychic factors are the actuating forces or factors that arouse an organism to action toward a desired action or goal.

**Sensory:** Related to the physical senses of touch, smell, taste, hearing and sight.

**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.

**Strategy:** Strategy refers to the overall planning for a competition or the event. Tactics are a part of the strategy put into play.

**Stress:** Stress is a feeling of strain and pressure which may be desired, beneficial and even healthy when it is in small amounts. However excessive amounts may lead to bodily harm.

**Tactic:** Tactic refers to the intelligent use of technique at the time of the competition.

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