

## **GLOSSARY:**

**Biomechanics:** Biomechanics is a specialized branch of study dealing with the mechanics of a living body relating to the forces exerted by muscles and gravity on the skeletal structure. It is the scientific study of the role of mechanics in biological systems.

**Coaching:** Coaching comprises imparting techniques, skills, knowledge and attitudes in a specific sport, which is aimed at improving the performance of the individuals by using methods appropriate to their ability and aspiration.

**Conditioning:** The process of training the conditional abilities so as to become physically fit by a regimen of exercises, diet and rest resulting in a state of physical fitness.

**Coordinative abilities:** Coordinative ability is the ability to repeatedly execute a sequence of movements smoothly and accurately. This may involve the senses, muscular contractions and joint movements.

**CPR:** Cardiopulmonary Resuscitation (CPR) consists of mouth to mouth respiration and chest compression. CPR allows oxygenated blood to circulate to vital organs such as the brain and heart. CPR can keep a person alive until more advanced procedures can treat the cardiac arrest. CPR started by a bystander doubles the likelihood of survival for victims of cardiac arrest.

**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.

**Physiotherapist:** Physiotherapist is the expert or professional who gives therapy for the preservation, enhancement or restoration of movement and physical function impaired or threatened by disease, injury or disability that utilizes therapeutic exercise, physical modalities such as massage and electrotherapy, assistive devices and patient education and training.

**Sports Training:** Sports Training is the systematic and scientific pedagogical process of training a sportsperson physically, mentally, technically and tactically so as to bring about the best performance or top level of performance.

**Teaching:** The job or profession of a teacher. Teaching is the process of attending to people's needs, experiences and feelings and making interventions to help them learn particular things.

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