Glossary:

Chronological Age: The age of a person calculated in days, months and years right from the time of his birth.

Endurance: It is the capacity to continue a physical performance over a period of time.

Flexibility: The athletic ability to extend, move or rotate body parts in a full range of motion.

Load: The amount of weight (resistance) an athlete is using during exercise execution.

Motor abilities: It consists of physical fitness components such as strength, speed, endurance, flexibility and coordinative ability so as to carry out complex movements related to a specific sport.

Psychic Qualities: The psychological factors like motivation, will, self reliance, stress, anxiety, etc that have an influence on the performance during training and also at the time of the competition.

Psycho-motor Component: The coordinated and balanced functioning of the nervous and the muscular system to perform movement or movements specific to a particular game or sport.

Skill: It is the ability to execute movement or movements of different games and sports in a way that the movements take place automatically without any faults.

Stress: It is described as a substantial imbalance between demand and response, capability; under conditions where failure to meet the demand has important consequences.

Tactics: It means intelligent or creative application of skills during a competition.