

Glossary:

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

Fatigue: A loss of power to continue a given level of physical performance.

Homeostasis: Human body's attempt to keep itself in a balance or maintenance of body's internal balance.

Kinesiologist: An expert of human kinetics; which is a scientific study of human movements.

Limbering Down: Commonly known as cooling down consists of easy exercises that allows the body to gradually transition to a resting or near resting state.

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

Physiological Stress: It is also called biological stress and is an organism's response to a stressor such as an environmental condition or a stimulus; it is a body's method of reacting to a challenge.

Supercompensation: A post training period during which the trained function/parameter has a higher performance capacity than it did prior to the training period.

Tapering: Systematic reduction of training duration and intensity combined with an increased emphasis on technique work and combined nutritional intervention.

Weight Training: a systematic way to training with the help of weight, the weight may be own own body weight, an opponent's weight or the weight of the apparatus or implement.