

Glossary:

- 1. Depression:** Depression is a serious medical condition in which a person feels very sad, hopeless, and unimportant and often is unable to live in a normal way.
- 2. Health:** Health is a reflective of individuals' ability to meet life challenges and maintaining his or her capacity for optimal functioning.
- 3. Hysteria:** Hysteria is a situation in which many people behave or react in an extreme or uncontrolled way because of fear, anger, etc.
- 4. Intensity:** It is the rate of doing, in other words, it is the pace at which physical activity is done.
- 5. Melancholy:** Melancholy is a feeling or showing sadness (very unhappy).
- 6. Nutrition:** Nutrition is science that deals with food and its uses by the body.
- 7. Training:** The word training refers to any organized and systematic instructional process which aims at enhancing man's ability with regard to physical, psychological and intellectual aspects.
- 8. Overload:** Overload is excessive load of training given to a sportsperson.
- 9. Quarrelsome:** Quarrelsome is behaviour of a person in which he apt or disposed to quarrel in an often petty manner.
- 10. Volume:** It is the total amount of work done in a training session.