



Glossary

Multidimensional: Having or involving or marked by several dimensions or aspects

Calories: Unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree centigrade at atmospheric pressure

Physiological: Relating to the biological study of physiology

Aerobic: Depending on free oxygen or air

Spiritual: Concerned with sacred matters, religion or the church

Abnormalities: An abnormal physical condition resulting from defective genes or developmental Deficiencies

Depression: A mental state characterized by a pessimistic sense of inadequacy and a despondent lack of activity

Endurance: The power to withstand hardship or stress

Antisocial: Hostile to or disruptive of normal standards of social behaviour