



Glossary

Ashtanga: A type of yoga based on eight principles and consisting of a series of poses executed in swift succession, combined with deep, controlled breathing.

Parasympathetic: Relating to the part of the autonomic nervous system which balances the action of the sympathetic nerves. It consists of nerves arising from the brain and the lower end of the spinal cord and supplying the internal organs, blood vessels, and glands.

Agility: Changing direction at speed.

Balance: The ability to retain the centre of mass(gravity) of the body above the base of support with reference to static (stationary), or dynamic (changing) conditions of movement, shape and orientation.

Coordination: The ability to use two or more body parts together.

Muscular endurance: The ability to use the voluntary muscles many times without getting tired.

Power: The ability to undertake strength performance quickly. $\text{Power} = \text{strength} \times \text{speed}$

Flexibility: The range of movement possible at a joint.

Reaction Time: The time between the presentation of a stimulus and the onset of movement.

Body composition: The percentage of body weight that is fat, muscle and bone.

Speed: The differential rate at which an individual is able to perform a movement or cover a distance in a period of time.