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| Command Words | |
| Key Words | Definition |
| All questions will contain at least one of these words | |
| Analyse |  |
| Assess |  |
| Describe |  |
| Discuss |  |
| Evaluate |  |
| Explain |  |
| Give |  |
| Identify |  |
| State/Name |  |
| To what extent |  |

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| Skeletal System | |
| Key Words | Definition |
| Major Bones | |
| Carpels |  |
| Clavicle |  |
| Cranium |  |
| Femur |  |
| Fibula |  |
| Humerus |  |
| Ilium |  |
| Ischium |  |
| Metacarpals |  |
| Metatarsals |  |
| Patella |  |
| Patella |  |
| Pelvis |  |
| Phalanges |  |
| Pubis |  |
| Radius |  |
| Ribs |  |
| Sternum |  |
| Tarsals |  |
| Tibia |  |
| Ulna |  |
| Vertebrae |  |

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| Skeletal System | |
| Key Words | Definition |
| Anatomical words for the location of bones | |
| Anterior |  |
| Distal |  |
| Inferior |  |
| Lateral |  |
| Medial |  |
| Posterior |  |
| Proximal |  |
| Superior |  |

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| Skeletal System | |
| Key Words | Definition |
| Types of bone | |
| Appendicular skeleton |  |
| Axial skeleton |  |
| Cancellous bone |  |
| Diaphysis |  |
| Epiphysis |  |
| Flat bones |  |
| Irregular bones |  |
| Long bones |  |
| Sesamoid bones |  |
| Short bones |  |

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| Skeletal System | |
| Key Words | Definition |
| Vertebrae | |
| Arthritis |  |
| Cervical vertebrae |  |
| Coccygeal vertebrae |  |
| Coccyx |  |
| Intervertebral discs |  |
| Kyphosis |  |
| Lumbar vertebrae |  |
| Neutral spine |  |
| Osteoporosis |  |
| Sacral vertebrae |  |
| Scoliosis |  |
| Thoracic vertebrae |  |

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| Skeletal System | |
| Key Words | Definition |
| Joints | |
| Articular cartilage |  |
| Ball and Socket |  |
| Bursa |  |
| Circumduction |  |
| Condyloid/Ellipsoid |  |
| Dorsiflexion |  |
| Extension |  |
| Fixed/Fibrous/Immovable joints |  |
| Flexion |  |
| Gliding |  |
| Hinge |  |
| Horizontal abduction |  |
| Horizontal adduction |  |
| Horizontal extension |  |
| Horizontal flexion |  |
| Hyper-extension |  |
| Joint capsule |  |
| Lateral flexion |  |
| Ligaments |  |
| Pivot |  |
| Plantar flexion |  |
| Rotation |  |
| Saddle |  |
| Slightly Moveable/Cartilaginous joints |  |
| Synovial Fluid |  |
| Synovial membrane |  |
| Synovial/freely moveable joints |  |

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| Skeletal System | |
| Key Words | Definition |
| Textbook definitions – useful terms | |
| Acute Responses | when the body makes an immediate change or response |
| Anatomy | study of the structure of the body such as the skeletal, muscular or cardiovascular systems |
| Axis | a centre line through any body or object. The body or object to either side of the line should be symmetrical (a mirror image). |
| Cancellous bone | light and porous bone material that has a honeycomb or spongy appearance |
| Chronic Responses | are the opposite of acute responses and take place over a longer period of time |
| Concave | having an outline or surface that curves inwards |
| Concave | where the bone curves or is hollowed inwards |
| Convex | where the bone curves outwards |
| Flexibility | the range of movement around a joint or a group of joints |
| Intervertebral Discs | fibrocartilaginous cushions that act as the spine’s shock absorbing system and prevent injury to the vertebrae and brain |
| Ligaments | short bands of tough and fibrous flexible tissue that hold bones together |
| Physiology | study of the way that the body responds to exercise and training |
| Soft Tissue | the tissue that connects, supports and surrounds structures such as joints or organs. It includes tendons, ligaments, skin, fat, muscles |
| Tendon | strong fibrous tissue that attaches muscle to bone |
| Viscous | describes how tick a fluid is. If synovial fluid is too thick then it will be hard to move the joint |
| Vitamin D | is used to regulate the amount of calcium in the body and is produced from sunlight on our skin; it is created under the skin. Small amounts of vitamin D can also be found in oily fish and eggs |
| Muscular System | |
| Key Words | Definition |
| Major Muscles | |
| Abdominals |  |
| Adductor longus |  |
| Biceps brachi |  |
| Biceps femoris |  |
| Deltoids |  |
| Erector spinae |  |
| Extensor carpi radialis longus |  |
| Extensor carpi ulneris |  |
| Extensor digitorum |  |
| External oblique |  |
| Flexor carpi radialis |  |
| Gastrocnemius |  |
| Gluteals |  |
| Gluteus maximus |  |
| Gluteus medius |  |
| Gracilis |  |
| Hamstrings |  |
| Hip Flexors |  |
| Iliopsoas |  |
| Infraspintus |  |
| Internal oblique |  |
| Latissumus dorsi |  |
| Obliques |  |
| Palmaris longus |  |
| Pectineus |  |
| Pectoralis major |  |
| Pectoralis minor |  |
| Pectorals |  |
| Pronators |  |
| Quadriceps |  |
| Rectus abdominis |  |
| Rectus femoris |  |
| Sartorius |  |
| Semimembranosus |  |
| Semitendinosus |  |
| Soleus |  |
| Supinators |  |
| Tensor fasciae latae |  |
| Teres major |  |
| Tibialis anterior |  |
| Transversus abdominis |  |
| Trapezius |  |
| Triceps brachi |  |
| Vastus intermedius |  |
| Vastus lateralis |  |
| Vastus medialis |  |
| Wrist extensors |  |
| Wrist Flexors |  |

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| Muscular System | |
| Key Words | Definition |
| Type of Muscle and the ways they work | |
| Aerobic |  |
| Aerobic gyloclysis |  |
| Agonist |  |
| Anaerobic |  |
| Antagonist |  |
| Cardiac muscle |  |
| Concentric |  |
| Cramp |  |
| Eccentric |  |
| Fixator |  |
| Hypertrophy |  |
| Isometric |  |
| Lactic Acid |  |
| Negative phase |  |
| Sarcopenia |  |
| Skeletal muscle |  |
| Smooth muscle |  |
| Synergists |  |
| Type I |  |
| Type Iia |  |
| Type Iix |  |
| Vasodilation |  |

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| Muscular System | |
| Key Words | Definition |
| Textbook definitions – useful terms | |
| Aerobic respiration | the process of producing energy using oxygen, where energy is released from glucose. |
| Anaerobic activity | activity where your body uses energy without oxygen; that is, activity that results in muscle cells using anaerobic respiration. |
| Anaerobic respiration | the process of breaking down glucose without oxygen to produce energy. |
| Carbohydrate | the sugars and starches found in foods such as potatoes, wheat and rice. Carbohydrates are broken down by the body into sugars which are used for energy production. |
| Eccentric Muscle Contraction | where a muscle lengthens as it contracts. Such contractions occur when controlling a force of motion. |
| Glycogen | the stored form of glucose. |
| Insertion | the end of the muscle that moves. The insertion normally crosses over a joint to allow movement when the muscle shortens |
| Mitochondria | the organelles (parts of cells) in the body where aerobic respiration takes place |
| Origin | the fixed end of the muscle that remains stationary |
| Aerobic respiration | the process of producing energy using oxygen, where energy is released from glucose. |
| Anaerobic activity | activity where your body uses energy without oxygen; that is, activity that results in muscle cells using anaerobic respiration. |
| Anaerobic respiration | the process of breaking down glucose without oxygen to produce energy. |
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| Mitochondria | the organelles (parts of cells) in the body where aerobic respiration takes place |
| Origin | the fixed end of the muscle that remains stationary |

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| Respiratory System | |
| Key Words | Definition |
| The Components of the Respiratory System | |
| Alveoli |  |
| Bronchial tree |  |
| Bronchioles |  |
| Bronchus |  |
| Cartilage rings |  |
| Diaphragm muscle |  |
| Epiglottis |  |
| External Intercostal muscles |  |
| Fibrous region of diaphragm |  |
| Internal Intercostal muscles |  |
| Larynx |  |
| Lungs |  |
| Mouth |  |
| Nasal Cavity |  |
| Outer edge of lung surface |  |
| Pharynx |  |
| Pleural cavity |  |
| Thoracic cavity |  |
| Trachea |  |

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| Respiratory System | |
| Key Words | Definition |
| Lung Function and Processes | |
| Altitude Training |  |
| Aortic arch |  |
| Asthma |  |
| Capillaries |  |
| Carbon Dioxide |  |
| Carotid arteries |  |
| Chemoreceptors |  |
| Expiration |  |
| Expiratory reserve volume |  |
| Gaseous exchange |  |
| Inspiration |  |
| Inspiratory reserve volume |  |
| Minute volume |  |
| Pulmonary ventilation |  |
| Residual volume |  |
| Respiratory membrane |  |
| Respiratory rate |  |
| Respiratory tract |  |
| Tidal volume |  |
| Total lung volume |  |
| Vital capacity |  |

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| Respiratory System | |
| Key Words | Definition |
| Textbook definitions – useful terms | |
| Diffusion | the process by which a substance such as oxygen passes through a cell membrane either to get into the cell or to get out of the cell. Substances move by diffusion from an area where they are more concentrated to an area where they are less concentrated. |
| Medulla Oblongata | located in the middle of your brain, this is responsible for involuntary functions such as breathing, heart beat and sneezing. |

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| Cardiovascular System | |
| Key Words | Definition |
| Components of the heart | |
| Aorta |  |
| Aortic (semi-lunar) valve |  |
| Bicuspid (mitral) valve |  |
| Chordae tendineae |  |
| Endocardium |  |
| Epicardium |  |
| Inferior Vena Cava |  |
| Left Atrium |  |
| Left Pulmonary Artery |  |
| Left Pulmonary Vein |  |
| Left Ventricle |  |
| Myocardium |  |
| Pulmonary (semi-lunar) Valve |  |
| Right Atrium |  |
| Right Pulmonary Artery |  |
| Right Pulmonary Vein |  |
| Right Ventricle |  |
| Septum |  |
| Superior Vena Cava |  |
| Tricuspid Valve |  |

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| Cardiovascular System | |
| Key Words | Definition |
| Blood Vessels and Blood flow | |
| Arteries |  |
| Arterioles |  |
| Capillaries |  |
| Cardiac Cycle |  |
| Cardiovascular |  |
| Circulatory System |  |
| Contractility |  |
| Coronary arteries |  |
| Elasticity |  |
| Lumen |  |
| Plasma |  |
| Platelets |  |
| Red Blood Cells |  |
| Thermoregulation |  |
| Valve |  |
| Vasoconstriction |  |
| Vasodilation |  |
| Veins |  |
| Venous Return |  |
| Ventricles |  |
| Venules |  |
| White Blood Cells |  |

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| Cardiovascular System | |
| Key Words | Definition |
| Long and Short Term Effects and conditions | |
| Anticipatory response |  |
| Atrioventricular Node (AVN) |  |
| Blood Pressure |  |
| Blood Volume |  |
| Bundle of His |  |
| Capilliarisation |  |
| Cardiac Hypertrophy |  |
| Cardiac Output |  |
| Diastolic pressure |  |
| Heart Rate |  |
| Hypertension |  |
| Hyperthermia |  |
| Hypotension |  |
| Hypothermia |  |
| Parasympathetic Nervous system |  |
| Purkinje Fibres |  |
| Sinoatrial Node (SAN) |  |
| Stroke Volume |  |
| Sudden Arrhythmic Death Syndrome (SADS) |  |
| Sympathetic Nervous System |  |
| Systolic pressure |  |

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| Cardiovascular System | |
| Key Words | Definition |
| Textbook Definitions – useful terms | |
| Deoxygenated blood | blood without oxygen (containing carbon dioxide) |
| Oxygenated blood | blood containing oxygen |

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| Energy System | |
| Key Words | Definition |
| Key terms you must be able to explain | |
| Adenosine diphosphate (ADP) |  |
| Adenosine triphosphate (ATP) |  |
| Aerobic Capacity | the maximum amount of oxygen that can be consumed during maximal exercise |
| Aerobic glycolysis |  |
| Aerobic Metabolism |  |
| Anaerobic |  |
| Anaerobic glycolysis |  |
| Citric Acid Cycle |  |
| Creatine |  |
| Diabetes |  |
| Electron Transport Chain |  |
| Glycogen |  |
| Hypoglycaemic attack |  |
| Insulin |  |
| Kerbs Cycle |  |
| Lactic Acid |  |