

Specialized Language (in Physical Education & Sports Science)

Vocabulary:

Sports science: علوم ورزشی

Physical education: تربیت بدنی

Training: تمرین (synonyms: exercise-working out) Physical test: آزمون آمادگی جسمانی

Upper/Lower body: پایین/بالا تنه

Abdominal muscles: عضلات شکمی

Lower Back: کمر Abdominal: شکمی

Strength: قدرت Endurance: استقامت Speed: سرعت Power: توان

Agility: چابکی Flexibility: انعطاف پذیری Coordination: هماهنگی

Acceleration: شتاب Running: دویدن Stretching: کشش Active: فعال

Passive: غیر فعال Combined Method: روش ترکیبی

PNF (Proprioceptive Neuromuscular Facilitation): تسهیل گیرنده های عمقی عصبی-عضلانی

This part consists of an incomplete sentence. Below the sentence are four choices, marked (1), (2), (3), and (4). You should find the one choice which best completes the sentence.

1- Which groups combine to form a basic carbohydrate molecule?

- 1) Atoms of carbon, hydrogen & nitrogen
- 2) Atoms of carbon, oxygen & hydrogen
- 3) Atoms of carbon & glycogen
- 4) Atoms of carbon & hydrogen

2- Primarily serve as an energy fuel

- 1) Sugars 2) Glucose 3) Carbohydrates 4) Fibers

3- Which one has an important role in tissue maintenance?

- 1) Carbohydrate 2) Protein 3) Glycogen 4) Vitamin D

4- Muscle glycogen provides energy without

- 1) Oxygen 2) Pressure 3) Vitamins 4) Carbon

5- is the basis for all movement & exercise.

- 1) Muscle's size 2) Bone's size 3) Muscle contraction 4) None

6- In which exercises muscles are contracting without moving the body?

- 1) Isometric 2) Static 3) Dynamic 4) 1 & 2

7- Recovery time:

- 1) is 1 week 2) is at least 2 weeks 3) is various 4) is near one month

8- Co-ordination is believed to be at its peak between the ages of&..... .

- 1) 8-20 2) 8-14 3) 14-20 4) 15-20

9- Lumbago symptoms often appear

- 1) Between lifting a heavy object & lifting a light object
 2) After long lifting a light object
 3) After lifting a light object
 4) After lifting a heavy object

10- Which is symptom of a serious injury?

- | | |
|----------------------------------|---------------------------------------|
| 1) Loss of sensation & paralysis | 2) intense pain on back and neck |
| 3) Long pain on back & neck | 4) intense & long pain on back & neck |

11- What is lumbago?

- | | |
|----------------------|-------------------------|
| 1) Intense back pain | 2) Upper back pain |
| 3) Low back pain | 4) Low back contraction |

Below the sentence are four choices, marked (1), (2), (3), and (4). You should find the one choice which best completes the sentence.

1- Measurement of heart-rate, oxygen uptake and flexibility:

- | | |
|--|--|
| 1) indicate physical fitness of a person | 2) indicate mental fitness of a person |
| 3) indicate general fitness of a person | 4) indicate motor fitness of a person |

2- Barbells, dumbbells & other types of free weights are used for

- | | |
|------------------------|-------------------------|
| 1) Power exercises | 2) Aerobic exercises |
| 3) Anaerobic exercises | 4) Resistance exercises |

3- Aerobic training is designed in a:

- | | |
|---|--|
| 1) short duration and less strenuous exercise | 2) long duration and more strenuous exercise |
| 3) long duration and strenuous exercise | 4) long duration and less strenuous exercise |

Read the following sentences and decide which of the following words best fits each blank.

.....: the force exerted by muscle groups during a single maximal muscle contraction.

.....: the capacity to sustain movement or effort over a period of time. Local muscle endurance is the ability of the muscles to repeat movements without undue fatigue. Cardiovascular endurance is the ability of the cardiovascular system to transport oxygen to muscles during sustained exercise.

.....: the maximum rate at which a person is able to move his/her body over a specific distance. In physical performance terms, it refers to the speed of co-ordinate joint actions and whole body movements.

.....: a combination of strength and speed previously described as a component of physical fitness.

.....: the physical ability which enables a person to rapidly change body position and direction in a precise manner.

.....: the range of movement possible at a joint. It is affected by the type of joint and muscle attachment.

Endurance - Strength - Flexibility - Co-ordination – Balance – Power – Speed - Agility

Long-term endurance exercise improves aerobic capacity in patients with relapsing–remitting Multiple Sclerosis: Impact of baseline fatigue

In conclusion, aerobic exercise leads to a sustainable improvement of VO_2 peak over an extended exercise period of 12 months. There is a weak, but significant effect on fatigue levels which becomes detectable only after nine months. Since subgroup analysis revealed that MS patients behaved differently according to their baseline fatigue levels, adjustment to the individual fatigue levels is recommended for future exercise interventions in RRMS patients.

The Effects of Resistance Training on Explosive Strength Indicators in Adolescent Basketball Players

The results of this study show that a 10-week in-season resistance training program with moderate volume and intensity loads increased vertical jump and MBT performance in adolescent male basketball players. Coaches should know that such a short resistance training program specifically designed for young basketball players induce increased explosivity levels, which are essential to a better basketball performance, with no extra overload on adolescents' skeletal muscle development.

The effect of volleyball training on the physical fitness of high school students

The students who participated in the study were divided into two different groups; one group consisted of those who did not join in any sporting activities except for the physical education classes at school while the other group consisted of those who played in the school volleyball team in addition to the physical education classes at school. Eight tests were used derived from the EUROFIT test: flamingo, plate tapping, sit and reach, standing broad jump, handgrip, sit-ups, bent arm hang and 10 x 5m shuttle-run tests to determine the physical fitness of the students.

Effects of Aerobic Exercise on Lung Function in Overweight and Obese Students

Conclusion: In overweight and obese teenagers, appropriate aerobic exercise training can partly improve lung function by strengthening the muscles of respiration. However, in order to achieve the predicted values of lung function, a further increase in activity duration and decrease in BMI is necessary.

Effects of in-season short-term plyometric training on jumping and agility performance of basketball players

It can be concluded that a 6-week in-season plyometric training program has positive effects for improving power and agility performance in young male basketball players and this study provides support for coaches and basketball players who use this training method during competitive phase.

Relationships between acceleration, agility, and jumping ability in female volleyball players Hacı Murat Sahin

In conclusion, the present research showed vertical jump performance for collegiate female volleyball players that positively affected acceleration and agility. The results of this investigation show that coaches can utilize agility and acceleration training for vertical jump development.

Improving Flexibility And Endurance Of Elderly Women Through A Six-Month Training Programme

The most remarkable results for the Pilates group were with the 6-minute walk and sit-to-stand test, while for the aqua-fitness and Pilates group shoulder and hip flexion. **Conclusions:** A half-year-long training program can considerably improve the physical performance elderly adults need in everyday life.

Incremental test design, peak ‘aerobic’ running speed and endurance performance in runners

Conclusions: Incremental treadmill tests comprising 3-min stage duration is preferred to 1-min and 2- min stage duration protocols in order to determine V_{peak} to accurately predict 5-km and 10-km running performances.

Relationships between body image, nutritional supplement use, and attitudes towards doping in sport among adolescent boys: implications for prevention programs

Conclusions: These findings suggest that body dissatisfaction, weight change behaviors, and supplement use are related to more lenient attitudes towards doping in sport among adolescent boys.

Sports injuries among adolescent basketball players according to position on the court

Conclusion: The occurrence of injuries among basketball players was low. Injuries were associated with both intrinsic and extrinsic factors among shooting guards and centers, whereas injuries were only associated with weight among point guards.

The Effects Of Resisted Sprint Training On Speed Performance In Women

Conclusions. Both resisted and standard sprint training improves speed in sprint-running acceleration in women by improving different sprint kinematic parameters.

The effect of short-term consumption of creatine monohydrate supplement on anaerobic performance in male wrestlers (16-20 years old)

Results showed that muscle strength in leg press movement, body weight, circumference of arm and right thigh and lean body mass increased significantly but fat percentage, reduced clearly.

The effect of an acute antioxidant supplementation compared with placebo on performance and hormonal response during a high volume resistance training session

This study demonstrates ingestion of an antioxidant (AOX) cocktail prior to a single bout of resistance training improved muscle contractile performance and modulated the growth hormone (GH) response following completion of the resistance exercise.

Experiences of volunteering in sport: Views from Aboriginal individuals

Volunteering was generally understood as unpaid work; yet, there was discussion of the growing trend of paying Aboriginal individuals to volunteer. These findings illustrate a broader and alternative understanding of volunteering in sport and have implications for the management of sport volunteers.

The Role of Gymnastics Elements in Training Junior Volleyball Players

The tests used to assess the level of physical training of junior volleyball players within the present study, have certified the role of gymnastics elements used by the experiment group subjects, the differences between the means registered by the two groups proving to be significant ($p < 0.05$).

منابع:

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