A1 sport and fitness Keywords

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| **Keyword** | **Definition** |
| **Litigation** | The conduct of a case in court against someone who has done something wrong. |
| **Obese** | Someone who it too fat. |
| **Aerobic exercise** | Exercise that is moderate to low intensity and involves large groups of muscles. |
| **Breathing system** | The airways and lungs aided by the diaphragm and ribs |
| **Respiratory system** | All the organs and tissues involved in breathing and gas exchange. |
| **Lungs** | A pair of organs that have a large surface area for gas exchange. |
| **Trachea** | The windpipe, which carries air to the lungs |
| **Bronchus (bronchi)** | Tubes leading from the lungs to the right or left lung |
| **Bronchioles** | Smaller air pipes leading off the bronchus |
| **Alveolus (alveoli)** | One of many tiny air sacs at the end of each bronchiole |
| **Intercostal muscles** | The muscles between the ribs that help with breathing |
| **Diaphragm** | The muscular sheet of tissue that separates the abdomen from the chest |
| **Breathing rate** | The number of breaths taken in a given time |
| **Red blood cells** | Blood cells that contain haemoglobin. |
| **White blood cells** | Blood cells that defend the body against disease |
| **Platelets** | Help the blood to clot |
| **Cardiovascular system** | The organ system that circulates blood |
| **Artery** | Blood vessels that carry blood AWAY from the heart |
| **Capillary** | Narrow blood vessels between the arteries and veins |
| **Vein** | Blood vessels that carry blood TO the heart |
| **Atrium** | One of the upper chambers of the heart |
| **Ventricle** | One of the lower chambers of the heart, pumps blood. |
| **Blood pressure** | Pressure of the blood usually shown as a fraction.  |
| **Pulse** | The heartbeat measured in the arteries |
| **Body mass index (BMI)** | An estimate of body composition based on height to weight ratio |
| **Kidneys** | Organs that filter the blood to remove waste. They also regulate the levels of salt and water in the body. |
| **Urine** | Waste produced by the kidneys. |
| **Bone** | The hard living tissue that makes up our skeleton |
| **Joint** | A point of contact between two or more bones |
| **Muscle** | A tissue that contracts to allow movement of the body |
| **Tendon** | Tissue that joins muscle to bone. |
| **Ligament** | Tissue that joins two bones together. |
| **Cartilage** | Tough flexible tissue found at the ends of bones, in joints and ears, nose etc. |
| **Core body temperature** | The temperature of the internal organs. Usually stays constant. |
| **Respiration** | Generating energy from the breakdown of food |
| **Sweating** | Sweating helps the body to cool down as it evaporates. |
| **Shivering** | Involuntary shaking that warms up the body |
| **Temperature receptors** | A group of cells that allow the body to detect changes in temperature |
| **Speed**  | How far something travels in a given time. Usually km/h or m/s |
| **Distance** | How far something has travelled. The measurement between two points. |
| **Time** | How long it takes to do something. |