alignment the relationship of the skeleton to the line of gravity and base of support.

anaerobic exercise that does not improve the efficiency of the body’s cardiovascular system in absorbing and transporting oxygen

aorta the largest blood vessel in the body; it carries blood directly away from the heart

artery blood vessels that take blood away from the heart to the rest of the body

axis a straight line around which a geometric figure or three-dimensional object is symmetrical

belaying controlling a climber’s rope by fastening it to a person or device

brand loyalty the tendency for people to buy or use one brand of product and to be resistant to changing that brand

canyoning moving through canyons on foot; climbing, abseiling or swimming

capillary the smallest of the body’s blood vessels; capillaries connect arterioles and venules, and enable the interchange of water, oxygen, carbon dioxide, and many other nutrient and waste chemical substances between blood and surrounding tissues

cardiovascular disease a disease affecting the heart or blood vessels

caving climbing into and exploring caves

choreography the creation and composition of dances by arranging or inventing steps, movements, and patterns of movements

closed kinetic chain activity physical exercises performed where the hand (for arm movement) or foot (for leg movement) is fixed and cannot move

conduction direct transfer of heat by contact with a cooler object; the heat is conducted to the cooler object

condyloid joint a joint can move side to side and front to back but it can’t rotate

constellation a group of stars forming a shape, as seen from the earth

contrast emphasising differences by placing next to each other

coordinates values which designate the position of a point in a given reference or grid system

cross training refers to the combination of exercises to work various parts of the body. Often one particular activity works certain muscle groups, but not others. Cross-training aims to eliminate this

cultural values customs and beliefs

cumulative building up over time

degradation (of land) a decline in the quality of the land

diastolic blood pressure the pressure when the heart is at rest between beats

displacement the movement of something from its usual or correct place

downstream determinants health determinants that are closely related to the individual, directly influencing daily health behaviours and outcomes

epidemiology branch of medicine concerning the incidence and distribution of diseases and other factors relating to health.

exercise a subcategory of physical activity that is planned, structured, repetitive, and purposive in the sense that the improvement or maintenance of one or more components of physical fitness is the objective

facilitator a person who assists and encourages people to find their own solutions to problems or tasks
feedback communication given in response to a something, for example a performance or presentation
field test one that can be undertaken as athletes are performing rather than those done in a specialised laboratory
friction the rubbing of two objects against each other when one or both are moving
genetic screening technology for reading DNA to identify inherited problems
rigid joint a joint in which the bony surfaces that the joint holds together are flat, or only slightly rounded
grid two sets of parallel lines intersecting at right angles to form squares
grid convergence the angular difference in direction between Grid North and True North
heredity the process of inheriting characteristics from parents
ICT Information and Communication Technologies
improvise to create movement spontaneously that includes an element of chance
impunity a sense of being invincible or unable to be harmed
infrastructure organisational structures serving the public, such as roads and railways
innovative a creative or new way to complete a task
intersectoral working across different sectors (of government, business or society)
intervention becoming involved in a dispute with the aim of assisting in resolving conflict
kinaesthetic principles physics principles that control motion, flow and weight in time and space
labanotation a system for analysing and recording human movement invented by Rudolf von Laban (1879–1958)
legend explanation of symbols or other matter in relation to a table, map or illustration
locomotor movements that travel from one location to another
magnetic declination the angular difference between true north and magnetic north
mediator somebody who works with both sides in a dispute in an attempt to help them to reach an agreement
moderate-intensity physical activity on an absolute scale, physical activity that is done at 3.0–5.9 times the intensity of rest. On a scale relative to an individual’s personal capacity, moderate-intensity physical activity is usually a 5–6 on a scale of 0–10
modifiable able to be changed
momentum the power to increase or develop at an ever-growing pace
multi-causal resulting from the interaction of many different factors
mutated permanently changed, including in future generations
non-locomotor movements that do not travel, such as moving or balancing on the spot
non-modifiable unable to be changed
orienteering using a map and compass to navigate between checkpoints along an unfamiliar course
parasites a plant or animal living off a host organism
parasympathetic nervous system part of the autonomic nervous system that typically affects the body in the opposite way to the sympathetic nervous system, its actions can be summarised as ‘rest and digest’
periodisation the method of organising the training year into phases where each phase has its specific aims for the development of the athlete
perpendicular at right angles to a line
physical activity any bodily movement produced by the contraction of skeletal muscle that increases energy expenditure above a basal level
physical fitness the ability to carry out daily tasks with vigour and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and respond to emergencies
physiological relating to the science of the functions of living organisms
pivot joint is a joint that moves by rotating, for example, the joint that allows humans to rotate their heads on their necks is a pivot joint
principles of composition procedures which help sequence movements into a whole
**propulsion**  the force by which an object is moved forwards

**proscenium**  the part of the stage that is in front of the curtain

**pulmonary artery**  the blood vessel that carries blood from the heart to the lungs

**pulmonary vein**  the blood vessel that carries blood from the lungs to the heart

**repetition**  the duplication of movements or movement phrases within choreography

**saddle joint**  in a saddle joint the opposing surfaces are reciprocally concave-convex

**service provider**  an organisation that provides a specific service within the community.

**social capital**  a valuable resource resulting from social participation and cooperation in community based activities

**social construction**  the process of making meaning out of personal experience

**stress**  a state of mental or emotional difficulty, pressure, or strain

**sympathetic nervous system**  part of the autonomic nervous system that prepares the body for physical activity, it becomes more active during times of stress and activates the ‘fight-or-flight’ response

**systolic blood pressure**  the pressure when the heart beats while pumping blood

**transition**  the bridging point at which a movement, end of a phrase or sequence progresses into the next movement, phrase or sequence

**unity**  the feeling of wholeness in a dance achieved when all of the parts work together

**upstream determinants**  health determinants that are removed from the individual, influencing the background of a society

**vigorous-intensity physical activity**  on an absolute scale, physical activity that is done at 6.0 or more times the intensity of rest. On a scale relative to an individual’s personal capacity, vigorous-intensity physical activity is usually a 7 or 8 on a scale of 0–10