

<b>ENGLISH TERM</b>	<b>SPANISH TERM</b>	<b>ROMANIAN TERM</b>
<b>Ace</b>	Ace	as
<b>Anaerobic/Aerobic Systems</b>	Sistema aeróbico/ anaeróbico	sisteme aerobice / anaerobice
<b>Anchor</b>	Ancla	ancoră
<b>Anti-contamination techniques</b>	Técnicas anticontaminantes	tehnici de prevenire a contaminării
<b>Assist</b>	Asistir	a asista
<b>Balance Sheet</b>	Balance de situación	fișă de monitorizare
<b>Baton</b>	Testigo	ștafetă
<b>Bend</b>	Curva	turnantă
<b>Bleedings</b>	Hemorragia	hemoragie
<b>Blind pass</b>	Pase ciego	predarea ștafetei
<b>Breakaway</b>	Separarse	atac pe înaintare
<b>Cage</b>	Canasta	cușcă de protecție
<b>Cardiopulmonary Resuscitation (CPR)</b>	Reanimación cardiopulmonar	resuscitare cardio-pulmonară
<b>Cash Flow</b>	Flujo de caja	flux
<b>Central</b>	Central	centru
<b>Central defender</b>	Defensa central	apărare centrală
<b>Compass</b>	Alcance	busolă
<b>Competitiveness</b>	Competitividad	competitivitate
<b>Conflict Resolution</b>	Solución de conflicto	rezolvare de conflicte
<b>Contingency Plan</b>	Plan de contingencias	plan de răspuns la risc
<b>Cool down</b>	Calmarse	revenire
<b>Coordination</b>	Coordinación	coordonare
<b>Corner flag</b>	Banderín de corner	steag de la colțul terenului
<b>Corner kick</b>	Saque de esquina	lovitură de la colț
<b>Court</b>	Campo/ Pista	teren
<b>Crouch start</b>	Salida en cuclillas	start de jos
<b>Changeover</b>	Cambio	predarea ștafetei
<b>Dead heat</b>	Empate	dribleur
<b>Decathlon</b>	Decatlón	decatlon
<b>Direct experiencing of phenomena</b>	Experiencia directa de fenómenos	experiența directă a fenomenului
<b>Distress Signals</b>	Señal de socorro	semnal de alertă
<b>Dribbler</b>	Regateador	dribleur
<b>Elasticity</b>	Elasticidad	elasticitate
<b>Electronic orienting instruments</b>	Instrumentos electrónicos	instrumente electronice de orientare

<b>Endurance</b>	Resistencia	rezistență
<b>Energy Cost of Activities</b>	Gasto de energía por actividades	costul energetic al activităților
<b>Environmental regulations</b>	Derecho ambiental	reglementări de mediu
<b>Equipment Time Out</b>	Tiempo fuera	time-out
<b>Evacuation Protocol</b>	Protocolo de evacuación	plan de evacuare
<b>Evaluation by learner</b>	Autoevaluación	autoevaluare
<b>Exchange zone</b>	Zona de cambio	zonă de schimb
<b>Expenses</b>	Gastos	cheltuieli
<b>Explosive Power</b>	Fuerza máxima	forță explozivă / detenta
<b>Extremes</b>	Extremos	extreme
<b>False start</b>	Falso comienzo	start furat
<b>Fire extinguisher</b>	Extintor	extinctor
<b>First Aid</b>	Primeros auxilios	prim ajutor
<b>First Aid Kit</b>	Kit de primeros auxilios	trusă de prim ajutor
<b>First Aids</b>	Primeros auxilios	mijloace de prim ajutor
<b>Flammable</b>	Inflamable	flamabil
<b>Flexibility</b>	Flexibilidad	flexibilitate
<b>Formation</b>	Formación	formație
<b>Fractures</b>	Fracturas	fracturi
<b>Free kick</b>	Tiro libre (fútbol)	lovitură liberă
<b>Free-Throw</b>	Tiro libre (baloncesto)	aruncare liberă
<b>Frostnip / Frostbite</b>	Congelamiento	degerătură
<b>General Safety Precautions</b>	Medidas de seguridad	măsuri generale de siguranță
<b>Glue</b>	Pegamento	clister
<b>Goal</b>	Portería	gol
<b>Goal kick</b>	Saque de meta	lovitură de gol
<b>Goalkeeper</b>	Portero	portar
<b>Goal-Throw</b>	Tiro a puerta	aruncare la poartă
<b>Hammer throw</b>	Lanzamiento de martillo	aruncarea ciocanului
<b>Handball</b>	Balonmano	handbal
<b>Hat-trick</b>	Triplete	hatrick perfect
<b>Heat Exhaustion</b>	Insolación	epuizare de căldură
<b>Heat Stroke</b>	Golpe de calor	accident cerebral cauzat de căldură
<b>Heptathlon</b>	Heptatlón	heptatlon
<b>High jump</b>	Salto de altura	săritura în înălțime
<b>Hurdles</b>	Carrera de vallas	cursă de sarituri garduri

<b>Hypothermia</b>	Hipotermia	hipotermie
<b>Intellectual / emotional components of learning</b>	Componentes del aprendizaje emocionales e intelectuales	componente intelectuale / emoționale ale învățării
<b>International Handball Federation</b>	Federación Internacional de Balonmano	Federația Internațională de Handbal
<b>Javelin</b>	Dardo	aruncarea suliței
<b>Kick-off</b>	Saque inicial	kick-off
<b>Kneepad</b>	Rodillera	genunchieră
<b>Lane</b>	Carril (Atletismo)	pistă
<b>Lap</b>	Vuelta	tură
<b>Leave not trace concept</b>	No dejar huella	conceptul "nu lăsa urme"
<b>Liability</b>	Responsabilidad	angajament
<b>Line Judges</b>	Jueces de línea	arbitru de margine
<b>Long jump</b>	Salto de longitud	săritura în lungime
<b>Map reading</b>	Lectura de mapas	citirea hărții
<b>Marathon</b>	Maratón	maraton
<b>Marketing mix</b>	Mezcla de mercadotecnia	marketing mix
<b>Marking</b>	Marcar	marcaj
<b>Meter-Throw</b>	Tiro de 7 metros	aruncare de la șapte metri
<b>Midfielders</b>	Centrocampista	mijlocaș
<b>Motor skill</b>	Psicomotricidad	deprindere motrică
<b>Myoskeletal System</b>	Sistema óseo	sistemul osos
<b>Off side</b>	Fuera de juego	off side
<b>Officials</b>	Oficiales	oficiali
<b>Officials</b>	Oficiales	oficiali
<b>One Rep Max</b>	Carga máxima	o repetare maximală
<b>Orienteering</b>	Deporte de orientación	orientare
<b>Oxidative Capacity of Muscle</b>	Capacidad oxidativa de los músculos	capacitatea oxidativă a mușchilor
<b>Passive Play</b>	Juego pasivo	joc pasiv
<b>Penalty card</b>	Tarjeta penal	cartonaș de penalty
<b>Penalty kick</b>	Penalti	lovitură de pedeapsă
<b>Pentathlon</b>	Pentatlón	pentatlon
<b>Personal involvement</b>	Relación personal	implicare personală
<b>Physiology</b>	Fisiología	fiziologie
<b>Pilates</b>	Pilates	Pilates
<b>Pivots</b>	Pívot	pivoți
<b>Pole vault</b>	Salto con pértiga	săritura cu prăjina
<b>Possession</b>	Posesión	posesiune

<b>Press Conference/Announcements</b>	Rueda de prensa	conferință de presă
<b>Promotion Mix Elements</b>	Elementos de mix comunicación	mix de marketing
<b>Protein</b>	Proteína	proteină
<b>Public relations</b>	Relaciones públicas	relații publice
<b>Range of Motion</b>	Amplitud de movimiento	amplitudinea mișcării
<b>Recreation Segments</b>	Segmento de recreación	segmente de recreere
<b>Referee</b>	Árbitro	arbitru
<b>Relay</b>	Relevo	ștafetă
<b>Resistance Training</b>	Entrenamiento de resistencia	antrenament de rezistență
<b>Resting Heart Rate</b>	Frecuencia cardíaca y actividad física	frecvența cardiacă în repaus
<b>Resting Metabolic Rate</b>	Metabolismo basal	rata metabolică de repaus
<b>Restraining Lines (Receivers)</b>	Línea restrictiva	linii de restricție
<b>RHR - Resting Heart Rate</b>	Frecuencia cardíaca y actividad física	FCR - frecvență cardiacă în repaus
<b>RMR - Resting Metabolic Rate</b>	Metabolismo basal	RMR - rata metabolică de repaus
<b>ROM - Range of Motion</b>	Amplitud de movimiento	amplitudinea mișcării
<b>RPE</b>	Índice de esfuerzo percibido	rata de percepere a efortului
<b>Rules</b>	Normas	reguli
<b>Self Concept</b>	Autoconcepto	autopercepție
<b>Service Box</b>	Área de servicio	zonă de serviciu
<b>Service Line</b>	Línea de servicio	linia de serviciu
<b>Spikes</b>	Spike	pantofi cuie atletism
<b>Spinal Injuries</b>	Lesión de la médula espinal	rănirea coloanei vertebrale
<b>Splints</b>	Férula	atelă
<b>Spotter</b>	Observador	observator
<b>Sprain</b>	Esguince	luxație
<b>Sprains/Strains</b>	Desgarro muscular	luxație
<b>Sprint</b>	Carrera de velocidad	alergare de viteză
<b>Square pass</b>	Pases laterales/ cruzados	pasă laterală
<b>Starter's gun</b>	Disparo de salida	pistol de start
<b>Starting blocks</b>	Bloques de salida	block start
<b>Static Stretch</b>	Estiramiento estático	întindere statică
<b>Steeplechase</b>	Carrera de obstáculos	cursă de obstacole
<b>Stereotypes</b>	Estereotipos	stereotipuri
<b>Stop board</b>	Contenedor	cutie de sprijin
<b>Stopper</b>	Defensa	apărător
<b>Strain</b>	Desgarro muscular	luxație

<b>Streching</b>	Estiramiento	stretching
<b>Strength Training</b>	Entrenamiento de fuerza	antrenament de forță
<b>Striker</b>	Delantero/ atacante	atacant
<b>Sudden death</b>	Muerte súbita	moarte subită
<b>Sweeper</b>	Defensa	fundaș
<b>Target Heart Rate</b>	Frecuencia cardíaca	frecvența cardiacă optimă
<b>Temporary muscle failure</b>	Fallo muscular	crampă musculară
<b>Tendon</b>	Tendón	tendon
<b>THR - Target Heart Rate</b>	Frecuencia cardíaca	frecvență cardiacă optimă
<b>Throw in</b>	Saque de banda	aruncare de la margine
<b>Throw-In</b>	Saque de banda	aruncare de la margine
<b>Tourniquets</b>	Torniquete	garou
<b>Trans Fat</b>	Ácido graso trans	acid gras nesaturat
<b>Unsaturated fat (Poly unsaturated)</b>	Ácido graso insaturado (Poliinsaturado)	grăsimi nesaturate
<b>Verbal/Nonverbal Communication</b>	Comunicación verbal/ no verbal	comunicare verbală / non-verbală
<b>Warm up</b>	Calentamiento deportivo	încălzire
<b>Waste disposal</b>	Reciclaje de residuos	eliminarea deșeurilor
<b>Weather prediction</b>	Predicción meteorológica	prognoză meteo
<b>Wings</b>	Extremos	extreme
<b>Yoga</b>	Yoga	yoga

ITALIAN TERM	GREEK TERM
Ace	Άσσοσ
Anaerobico / Sistema aerobico	Αεροβικό/Αναεροβικό Σύστημα
Ancora	Άγκυρα
Tecniche anticontaminazione	Τεχνικές Απορρύπανσης
Assist	Ασίστ
Bilancio	Ισολογισμός
Bacchetta (Testimone)	Σκυτάλη □
Curva	Στροφή κουλουάρ
Sanguinamenti (Emorragia)	Αιμοραγίες
Passaggio cieco	Τυφλή πάσα
Fuga	Οφσάιντ
Cesto	Κλωβός ρίψεων
Rianimazione cardiopolmonare (RCP)	Καρδιοαναπνευστική ανάνηψη
Flusso di casa	Ταμειακή ροή
Centrale	Κεντρικός
Difensore centrale	Κεντρικός αμυντικός
Bussola (Area di applicazione)	Πυξίδα
Competitività	Ανταγωνιστικότητα
Soluzione del conflitto	Διαχείριση Εντάσεων
Piano di contingenza	Σχέδιο Ανάγκης
Rinfrescare	Αποθεραπεία
Coordinazione	Συντονισμός
Bandierina (d'angolo)	Σημείο κόρνερ
Calcio d'angolo	Χτύπημα κόρνερ
Campo	Γήπεδο
Accovacciarsi	Θέση εκκίνησης
Cambio	Αλλαγή
Pari merito	ισοπαλία σε αγώνισμα δρόμου
Decathlon	Δέκαθλο
Esperienza diretta del fenomeno	Άμεση εμπειρία φαινομένων
Segnali di soccorso	Σήματα ανάγκης
Palleggiatore (Dribblatore)	Πασαδόρος
Elasticità	Ελαστικότητα
Strumenti elettronici di orientamento	Ηλεκτρονικά όργανα προσανατολισμού

Resistenza	Αντοχή
Costo energetico delle attività	Ενεργειακό κόστος δραστηριοτήτων
Normative ambientali	Περιβαλλοντικοί Κανονισμοί
Timeout	Λήξη
Protocollo di evacuazione	Πρωτόκολλο εκκένωσης
Autovalutazione	Αξιολόγηση από τον εκπαιδευόμενο
Zona di scambio	Ζώνη Αλλαγής
Costi	Έξοδα
Potenza esplosiva	Δύναμη εκρήξεως
Estremi	Επιθετικοί
Falsa partenza	Άκυρη εκκίνηση
Estintore	Πυροσβεστήρας
Primo soccorso	Πρώτες βοήθειες
Kit di primo soccorso	Κουτί πρώτων βοηθειών
Primi soccorsi	Πρώτες βοήθειες
Inflammabile	Εύφλεκτο
Flessibilità	Ευκαμψία
Formazione	Σχηματισμός
Fratture	Ραγίσματα
Tiro libero	Ελεύθερο λάκτισμα
Tiro libero (Basket)	Ελεύθερη ρίψη
Congelamento / Assideramento	Κρυοπαγήματα
Precauzioni di sicurezza generale / Misure di sicurezza	Γενικά Μέτρα Ασφάλειας
Colla	Κόλλα
Goal	Γκόλ
Calcio di rimessa	Ελεύθερο
Portiere	Τερματοφύλακας
Tiro in porta	Ρίξιμο μπάλας
Lancio del martello	Καρφί
Pallamano	Μπάλλα Χειροσφαίρισης
Tripletta	Τρίτωμα σκοραρίσματος
Insolazione	Εξάντληση από ζέστη
Colpo di calore	Υπερθερμία
Eptathlon	Έπταθλο
Salto in alto	Άλμα σε ύψος
Corsa a ostacoli	Εμπόδια

Ipotermia	Υποθερμία
Componeneti di apprendimento intellettuali / emotive	Συναισθηματικά Στοιχεία Μάθησης
Federazione Internazionale di Pallamano	Διεθνής Ομοσπονδία Χειροσφαίρισης
Giavellotto	Ακόντιο
Calcio di inizio	Σέντρα
Ginocchiera	Επιγονατίδα
Corsia	Λωρίδα
Giro	Γύρος
Nessuna traccia (concetto)	Έννοια "δεν αφήνουμε ίχνη"
Responsabilità	Παθητικό
Giudici di linea	Επόπτες
Salto in lungo	Άλμα εις μήκος
Lettura di mappa	Ανάγνωση Χάρτη
Maratona	Μαραθώνιος
Marketing mix	Μείγμα μάρκετινγκ
Marcatura	Σήμανση
Tiro (colpo) dai 7 metri	Βολή τριών δευτερολέπτων
Centrocampisti	Μέσοι
Capacità psicomotorie	Μότορ δεξιότητων
Sistema scheletrico	Μυοσκελετικού συστήματος
Fuorigioco	Εκτός πλευράς
Funzionario	Επίσημοι
Funzionario	Επίσημοι
Carico massimo	Μέγιστο μία επανάληψη
Orienteering	Orienteering
Capacità ossidativa del muscolo	Οξειδωτική ικανότητα των μυών
Gioco passivo	Παθητικό Παιχνίδι
Penalità (cartellino)	Κάρτα ποινής
Tiro di punizione	Ποινή λάκτισμα
Pentathlon	Πένταθλο
Coinvolgimento personale	Προσωπική εμπλοκή
Fisiologia	Φυσιολογία
Pilates	Πιλάτες
Pivot	Άξονες
Salto con l'asta	Άλμα επί κοντώ
Possesso	Κατοχή

Conferenza stampa / Annunci	Συνέντευξη Τύπου / Ανακοινώσεις
Mix di elementi di promozione	Πρώθηση Μεικτών Στοιχείων
Proteine	Πρωτεΐνες
Relazioni pubbliche	Δημόσιες σχέσεις
Compo di movimento (Ampiezza di movimento)	Εύρος κίνησης
Segmenti di ricreazione	Τμήματα Ψυχαγωγίας
Arbitro	Διαιτητής
Staffetta	Αναμετάδοση
Resistenza di allenamento	Αντοχή Κατάρτισης
Frequenza cardiaca a riposo	Καρδιακή Συχνότητα
Metabolismo basale	Μεταβολικός ρυθμός ηρεμίας
Linee di immobilizzazione (Ricevitori)	Γραμμές Συγκράτησης (δέκτες)
RHR - Frequenza cardiaca a riposo	Καρδιακή Συχνότητα
RMR - Metabolismo basale	Μεταβολικός ρυθμός ηρεμίας
ROM - Ampiezza di movimento	Εύρος κίνησης
Indice di sforzo percepito	
Norme	Κανόνες
Auto concetto	Αυτό-έννοια
Area di servizio	Υπηρεσία ασφαλείας
Linea di servizio	Γραμμή Εξυπηρέτησης
Punte	Καρφιά
Lesioni spinali	Τραυματισμοί Σπονδυλικής Στήλης
Stecche	Νάρθηκας
Osservatore	Κατοπτρευτής
Distorsione	Εξάρθρωση
Distorsioni / strappi	Εξαρθρώσεις
Sprint (scatto, fuga)	Σπριντ
Crociati	Πλατειά πάσα
Sparo di partenza	Πιστόλι κριτή εκκίνησης
Blocchi di partenza	Αρχικά μπλοκς
Stretching statico	Στατικά
Corsa a ostacoli	Κούρσα μετ' εμποδίων
Stereotipi	Στερεότυπα
Contenitore	Διακοπή σκάφους
Stopper, difesa	Κεντρικός αμυντικός
Strappo muscolare	Ένταση

Stretching, stiramento	Ανάταση
Allenamento di forza	Προπόνηση Δύναμης
Attaccante	Επιθετικός
Morte improvvisa	Ξαφνικός Θάνατος
Difesa	Καθαριστής
Frequenza cardiaca	Στόχος Καρδιακού Ρυθμού
Fallimento muscolare temporaneo	Προσωρινή βλάβη των μυών
Tendine	Τένοντας
THR - Frequenza cardiaca	Στόχος Καρδιακού Ρυθμού
Rimessa	Ρίξιμο
Rimessa	Ρίξιμο
Lacci emostatici	Διαδικασία Τουρνικέτ
Trans degli acidi grassi	Κορεσμένα Λίπη
Grassi insaturi (poli insaturi)	Ακόρεστα λιπαρά
Comunicazione verbale / non verbale	Λεκτική / μη λεκτική επικοινωνία
Riscaldamento muscolare	Ζέσταμα
Smaltimento dei residui	Διάθεση αποβλήτων
Previsione meteorologica	Πρόβλεψη καιρού
Ali / braccioli	Φτερά
Yoga	Γιόγκα

## DEFINITION

A legal serve where the player receiving the serve is unable to return it into play.

Aerobic exercise is physical exercise that intends to improve the oxygen system. Anaerobic exercise is exercise intense enough to trigger anaerobic metabolism. □

An athlete, usually the strongest member of a team, who performs the last stage of a relay race or other competition.

Specific techniques that reduce the pollution or the danger of contaminating the environment (liquid, air, workspace etc) □

The pass or passes which immediately precede a goal

In financial accounting, a balance sheet or statement of financial position is a summary of the financial balances of a sole proprietorship, a business partnership or a company

Tubular object carried by and passed between members of a relay team.

The curved parts of the running track.

Bleeding, technically known as hemorrhaging or haemorrhaging is the loss of blood or blood escape from the circulatory system

an exchange of the baton between runners which does not necessitate the athlete to look at the baton when passing. The blind pass is usually used in shorter relays known as s

When an attacker with the ball approaches the goal undefended

The marked area used for discus and hammer events. The cage is a metal frame covered with netting to prevent the throwing implements being thrown out of the competition c

Cardiopulmonary resuscitation (CPR) is an emergency procedure which is attempted in an effort to return life to a person in cardiac arrest.

Cash flow is the movement of cash into or out of a business, project, or financial product □

Player who is in the middle of another place.

A player who guards the area directly in front of his own goal in a zone defense

A compass is a navigational instrument for determining direction relative to the Earth's magnetic poles.

An aggressive willingness to compete for something; engage in a contest; measure oneself against others.

Conflict resolution is a range of methods of eliminating sources of conflict

A contingency plan is a plan devised for a specific situation when things could go wrong.

Loose heat; lose intensity.

The couch need to regulate the diverse elements into an integrated and harmonious operation and achieve the players harmony.

The flag located at each of the 4 corners of the field

A type of restart where the ball is kicked from the corner arc in an attempt to score

A specially marked area within which a game is played.

The crouching position required of all athletes at the beginning of the race before the starting gun is fired.

The process of passing the baton from one runner to the next in a relay race.

When two or more runners cross the finish line simultaneously, resulting in a tie.

A mixed athletic event made up of ten different track and field events with the winner being the athlete who attains the highest score when the results of each event are combined

Is the process of learning from direct experience

A distress signal is an internationally recognized means for obtaining help. Distress signals take the form of or are commonly made by using radio signals, displaying a visually d

A player who advances the ball while controlling it with his feet

Ability of a muscle to return to its normal shape.

The power to withstand hardship or stress. Endurance sports are a subset of sports in which the goal is prolonged athletic output over an extended distance or for an extended period.
Energy cost is a physiological concept expressing the energy cost of physical activities as multiples of resting metabolic rate (RMR) and is defined as the ratio of metabolic rate to RMR.
Environmental law is a complex and interlocking body of treaties, conventions, statutes, regulations, and common law that operates to regulate the interaction of humanity and the natural world.
To repair or fix damaged equipment. The time out should last for no more than two minutes and it is up to the referee as to when an equipment time out will be allowed.
The act of evacuating; leaving a place in an orderly fashion; especially for protection.
Learning evaluation by the learner is the evaluation process of characterizing and appraising some aspect/s of an educational process, which is being done by the person that is learning.
The 20m-long zone in which the baton must be passed from the incoming runner to the outgoing runner during a relay race.
In common usage, an expense or expenditure is an outflow of money to another person or group to pay for an item or service, or for a category of costs.
To produce a singular maximal effort in a sport.
Players who are at the two extreme sides of the court (left and right).
So named when an athlete begins a race before the starting gun is fired. If an athlete makes two false starts in a race they are disqualified from the competition.
A fire extinguisher is an active fire protection device used to extinguish or control small fires, often in emergency situations.
Emergency treatment administered to an injured or sick person before professional medical care is available.
A first aid kit is a collection of supplies and equipment for use in giving first aid.
Emergency treatment administered to an injured or sick person before professional medical care is available.
Flammability is defined as how easily something will burn or ignite, causing fire or combustion. The degree of difficulty required to cause the combustion of a substance is quantified by its flash point.
The range of motion about a joint and its surrounding muscles during a passive movement, which simple means no active muscle involvement is required to hold the stretch. In sports, it is often used to describe the flexibility of an athlete.
The arrangement into positions of players on the field.
A bone fracture is a medical condition in which there is a break in the continuity of the bone.
A kick awarded to a player for a foul committed by the opposition.
For a minor foul or violation, a free-throw is awarded to the opponent at the exact spot it took place. If the foul or violation occurs between the goal area line and the 9-meter line, the free-throw is taken from the 9-meter line.
Frostbite (congelatio in medical terminology) is the medical condition where localized damage is caused to skin and other tissues due to extreme cold. Frostbite is most likely to occur on the extremities.
Safety measures are activities and precautions taken to improve safety, i.e. reduce risk related to human health.
Substance used by handball players to catch the ball easily. They impregnate a small amount of it in their hands and it can last all the match.
Game equipment consisting of the place toward which players of a game try to advance a ball or puck in order to score points.
A type of restart where the ball is kicked from inside the goal area away from the goal.
The player positioned directly in front of the goal who tries to prevent shots from getting into the net behind him.
Awarded when the ball rebounds off the goalkeeper over the endline or the ball is thrown over the endline by the attacking team. The goalie takes the throw inside the goal area.
A field event in which athletes compete to throw a metal ball, known as a hammer, as far as possible across an enclosed space.
A small rubber ball used in the game of handball.
3 or more goals scored in a game by a single player.
Heat exhaustion is defined as a body temperature of greater than 40.6 °C (105.1 °F) due to environmental heat exposure with lack of thermoregulation. This is distinct from a fever.
A mixed athletic event made up of seven different track and field events with the winner being the athlete who attains the highest score when the results of each event are combined.
A field event which requires athletes to jump over a horizontal cross-bar without knocking it down, with the height of the bar increasing as the competition progresses.
A track event in which athletes are required to jump over a series of fences over a given distance.

The International Handball Federation, often referred to by the acronym IHF, is the administrative and controlling body for International team handball
A field event which requires athletes to throw a long spiked pole as far across a given space as possible.
The method of starting a game or restarting it after each goal
Protective garment consisting of a pad worn by any kind of players, specially these who play in a court, such as football, baseball or handball players.
The designated section of a track which an athlete must start in and may be required to stay within, depending on the distance of the race.
The distance of one circuit around a 400 m track. To 'lap' a runner is when an athlete overtakes another runner by the distance of one lap.
They assist the referee on calls relating to serves and the trajectory of the ball. There are two line judges one on each side of the court. The Referee will be in-between the two
A field event in which athletes compete to jump the longest distance from a specified take-off point.
A race measuring the distance of 42.195 km.
Guarding a player to prevent him from advancing the ball towards the net
Awarded when a foul destroys a clear chance to score. All players must be outside the free-throw line when the throw is taken. Player taking throw has 3 seconds to shoot after
The 2, 3 or 4 players who link together the offensive and defensive functions of a team; they play behind their forward
A violation called when a player in an offside position receives a pass from a teammate
There is a referee, a linesman and someone to keep score.
There is a referee, a linesman and someone to keep score.
Orienteering is a family of sports that requires navigational skills using a map and compass to navigate from point to point in diverse and usually unfamiliar terrain, and normally
A measure of a muscle's maximal capacity to use oxygen in microlitres of oxygen consumed per gram of muscle per hour. Factors which affect the oxidative capacity of muscles
It is illegal to keep the ball in a team's possession without making a recognizable attempt to attack and to try to score. In other words, a team cannot stall.
Used in many sports as a means of warning, reprimanding or penalising a player, coach or team official. Penalty cards are most commonly used by referees or umpires to indicate
A kick taken from the penalty spot by a player against the opposing goalie without any players closer than 10 yards away
An early version of the heptathlon, this was a combined female competition made up of five different track and field events with the winner being the athlete who attains the highest score when the results of each event are combined
Physiology is the science of the function of living systems. It is a subcategory of biology. In physiology, the scientific method is applied to determine how organisms, organ systems
The person in a rank around whom the others wheel and maneuver.
A field event which requires athletes to compete to jump over a horizontal cross bar with the aid of a long vertical pole.
Control of the ball

A news conference or press conference is a media event in which newsmakers invite journalists to hear them speak and, most often, ask questions

There are seven main elements of a promotional mix. These are: Advertising - Presentation and promotion of ideas, goods, or services by an identified sponsor. Personal selling

Public relations is the practice of managing communication between an organization, a business, or a person and its publics

Recreation Segments are sub set of the recreation industry such as sports recreation, religious recreation etc

In sports the chief official who is expected to ensure fair play.

Made up of four legs, the relay requires a team of athletes to take a leg each to cover a specified distance.

The Restraining Lines are 5 feet (1.52 meters) behind the short line. They are parallel to the short line and come out 6 inches into the court from each side wall. The receiver mu

Rules generally determine turn order, the rights and responsibilities of the players, and each player's goals. Player rights may include when they may spend resources or move t

Self-concept (also called self-construction or self-perspective) is a multi-dimensional construct that refers to an individual's perception of "self" in relation to any number of chara

There are two service boxes that are located in the service zone and are marked by a line, parallel to the side-wall, that is 18 inches from the wall. When playing with a partner t

A special type of running shoes with spikes in the soles used to improve grip during races.

Spinal cord injury (SCI) refers to an traumatic injury to the spinal cord

A splint is a device used for support or immobilization of limbs or of the spine.

A sprain is an injury of joints that is caused by being stretched beyond their oversized capacity and possibly more. A stpain is an injury to a muscle in which the muscle fibers tea

Race of 400 m or less requiring the athlete to begin well and maintain consistent power throughout the race.

A pass made by a player to a teammate running alongside him

The instrument used by the starter of the race which fires blanks into the air signalling the beginning of the race.

A pair of supports for the feet to rest on during a crouch start, adding extra power to a runner's take off.

A track event usually 3000 m in distance which requires athletes to negotiate a series of obstacles constructed out of barriers or water.

A stereotype is a popular belief about specific social groups or types of individuals. The concepts of "stereotype" and "prejudice" are often confused with many other different me

A box located in front of the landing mattress in the pole vault for the athlete to slot the pole into before jumping.

The defender that marks the best scorer on the attacking team

Strength training is an essential element of fitness for virtually every sports man and woman. Long gone are the days when coaches believed resistance exercises only added up to a team's most powerful and best-scoring forward of the team

An extra round when there is a tie between more than one athlete.

The defender that plays closest to his own goal behind the rest of the defenders

A type of restart where a player throws the ball from behind his head with two hands while standing with both feet on the ground behind a sideline

A type of restart where a player throws the ball from behind his head with two hands while standing with both feet on the ground behind a sideline

A tourniquet is a constricting or compressing device used to control venous and arterial circulation to an extremity for a period of time. Pressure is applied circumferentially upon

Verbal communication is one way for people to communicate face-to-face. Some of the key components of verbal communication are sound, words, speaking, and language. N

Make one's body limber or suppler by stretching, as if to prepare for strenuous physical activity

Waste disposal is the collection, transport, processing, and recycling of waste materials. The term usually relates to materials produced by human activity, and is generally unde

Weather forecasting is the application of science and technology to predict the state of the atmosphere for a given location.

sprint relays

area.

detected item or illumination, or making an audible sound, from a distance

period of time

(and therefore the rate of energy consumption) during a specific physical activity to a reference rate of metabolic rate at rest in the natural environment, toward the purpose of reducing the impacts of human activity

↳ learning rather than the teacher

ified through fire testing. Internationally, a variety of test protocols exist to quantify flammability.

stead gravity or a partner provides the force for the stretch.

;, the throw is taken from the nearest post outside the 9-meter line. The thrower must keep one foot in contact with the floor, then pass or shoot.

happen in body parts farthest from the heart and those with large exposed areas. The initial stages of frostbite are sometimes called "frostnip".

and is not restricted by the 3-step/3-second rule.

ver, where there is a physiological increase in the temperature set point of the body

Line Judges.

referee's whistle. Any player may take the 7-meter throw.

moving at speed. □

include the activity of oxidative enzymes (e.g. succinic dehydrogenase) the fibre-type composition and availability of oxygen

state that a player has committed an offence.

ms, organs, cells and biomolecules carry out the chemical or physical function that they have in a living system □

g - A process of helping and persuading one or more prospects to purchase a good or service or to act on any idea through the use of an oral presentation.

ist stand behind these lines until the ball is served, if they don't a point is given to the server.

tokens.

cteristics, such as academics (and nonacademics), gender roles and sexuality, racial identity, and many others  
he server's partner must stand within the Service Box until the ball has passed the short line.

ar as a result of over stretching

eanings. Stereotypes are standardized and simplified conceptions of groups based on some prior assumptions

unnecessary bulk to the athlete, hindering their ability to execute skill.

the skin and underlying tissues of a limb; this pressure is transferred to the walls of vessels, causing them to become temporarily occluded.

Nonverbal communication is usually understood as the process of communication through sending and receiving wordless messages. i.e., language is not the only source

is taken to reduce their effect on health, the environment or aesthetics.









of communication, there are other means also. Messages can be communicated through gestures and touch (Haptic communication), by body language or posture, by fac









cial expression and eye contact