

Name _____

Rotation _____

X-SCI Performance Based PE Exercise VOCABULARY

Complete the following vocabulary as related to **exercise and anatomy**.

Definitions highlighted in BLUE are provided. You are to attach a diagram example of the definition.

Definitions highlighted in GREEN are provided. You are to provide and example.

	Term	Definition
1	Repetition (Rep)	
2	Set	
3	Anterior	
4	Posterior	
5	Lateral	
6	Medial	
7	Flexion	Decrease joint angle
		Diagram an Example of Flexion
8	Extension	Increase joint angle
		Diagram an Example of Extension:
9	Hyperextension	
10	Abduction	
11	Adduction	
12	Pronation	

13	Supination	
14	Ankle Dorsiflexion	
15	Ankle Plantarflexion	
16	DOMS (Delayed Onset Muscle Soreness)	
17	Concentric Contraction	Muscle contraction where the muscle shortens
		Example:
18	Eccentric Contraction	Muscle contractions where the muscle lengthens. Very important to DECELERATE the joint.
		Example:
19	Isometric Contraction	Muscle contraction where the muscle length does not change.
		Example:
20	Tendon	
21	Ligament	
18	Strain	
19	Sprain	