

SPORT SCIENCE TERMINOLOGY**April 2019**

TERMS	DEFINITIONS	SESOTHO EQUIVALENTS
A-band	One of the cross striations in striated muscle that contain myosin filaments and appear dark under the light microscope and light in polarized light	Tishu ya A-band
Abdomen	The lower part of a person's or animal's body, containing the stomach, bowels, and other organs, or the end of an insect's body	Mpa
Abduction	The movement of a limb away from the midline of the body.	Tshisinyeho ya matsoho le maoto
Abductor	A muscle whose contraction moves a limb or part away from the midline of the body, or from another part.	Mesifa ya tshisinyeho ya matsoho le maoto
Ability	The physical and /or cognitive capability to perform a task without further training	Bokgoni
Abstinence syndrome	The physical effects that result from depriving an addict of the drug to which a person is habituated	Ho ila
Abrasion	A wearing away of the upper layer of skin as a result of applied friction force	Mongwapo/ Ho Phoshoha
Aerobic fitness	A measure of how well your blood transports oxygen around the body, and how well your muscles utilise the oxygen.	Ho kwena/Ho kwetla/Ho shahla ka Boikwetliso
Aerobic metabolism	The metabolic process that occurs in the cells, by which the body uses oxygen to produce energy.	Tlhahiso ya matla ka boikwetliso
Aerobic	Training at a lower intensity, with the purpose of stimulating aerobic metabolism to improve.	Boikwetliso
Aerobic endurance	Someone's aerobic fitness capacity - their ability to do prolonged exercise without fatigue.	Tsetsepelo ya boikwetliso
Agility	It is "a rapid whole body movement with change of velocity or direction in response to a stimulus".	Matjato
Anaerobic	Anaerobic processes occur in the cells of the body without the presence of oxygen. Anaerobic training is of high intensity and short duration, with the aim of the efficiency of the body's anaerobic energy-producing systems.	Boikwetliso bo keneletseng
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Anaerobic threshold	The physiological point during exercise at which lactic acid starts to accumulate in the muscles.	Ntla ya boikwetliso bo keneletseng
Axilla	The cavity beneath the junction of a forelimb and	Lehafi/Lehwafi

	the body. The hollow place under your arm where your arm joins your body	
Axillary nerve	Also known as the circumflex nerve, is a nerve of the human body, that originates from the brachial plexus (upper trunk, posterior division, posterior cord) at the level of the axilla (armpit) and carries nervefibres.	Mothapokutlo wa lehafi/lehwafi
Axon terminal	The very end of a branch of a nerve's axon, a long slender nerve fibre that conducts electrical signals to a nerve synapse (the gap between nerve cells) The signal then moves across the synapse to another axon by means of a neurotransmitter (an electrochemical substance).	Theminala ya Axon
Backache	Prolonged pain in one's back.	Lehlaba la mokokotlo
Backbone	The line of bones down the centre of the back that provides support for the body:	Lesapo la mokokotlo
Ballistocardiograph	A technique for producing a graphical representation of repetitive motions of the human body arising from the sudden ejection of blood into the great vessels with each heart-beat.	Kerafo ya morethetho wa pelo
Barbiturates	A drug that acts as a central nervous system depressant, and tends to correlate more with tolerance to physiological effects.	Sethethefatsi sa Babetjhureite
Barotrauma	A physical damage to body tissues caused by a difference in pressure between a gas space inside, or in contact with the body, and the surrounding gas or fluid.	Barotroma
Basal Metabolic Rate (BMR)	The lowest rate of body metabolism (rate of energy use) that can sustain life, measured after a full night's sleep in a laboratory under optimal conditions of quiet, rest and relaxation.	Sekgahla se tlase sa tlhahiso ya matla
Beats Per Minute (BPM)	The units of heart rate	Ho otlala ha pelo ka motsotso
TERMS	DEFINITIONS	SESOTHO EQUIVALENTS
Biomechanics	The study of the mechanics of a living body, especially of the forces exerted by muscles and gravity on the skeletal structure.	Dithuto ka mmele
Blood glucose	The amount of glucose in the blood. Glucose is a sugar that comes from the foods we eat, and it's also formed and stored inside the body. It's the main source of energy for the cells of our body,	Tswekere e mading

	and it's carried to each cell through the bloodstream.	
Body composition	The components of the body. It is usually divided into two components: the amount of fat mass (weight) and the amount of fat-free mass (muscle, bone, skin and organs) in the body.	Kaho ya mmele
Brittle-bone disease	A disorder that results in fragile bones that break easily.	Bohloko ba masapo
Bronchodilator	A drug that causes widening of the bronchi, for example any of those taken by inhalation for the alleviation of asthma.	Sebulamatshwafo
Capitulum	A compact head of a structure, in particular a dense flat cluster of small flowers or florets, as in plants of the daisy family.	Khaphitjhulamo
Carbon dioxide	A colourless, odourless gas produced by burning carbon and organic compounds and by respiration. It is naturally present in air (about 0.03 per cent) and is absorbed by plants in photosynthesis.	Khabonedayeoksaete
Carbon monoxide	The poisonous gas formed by the burning of carbon, especially in the form of car fuel	Khabonemonoksaete
Carbohydrate	Any of a large group of organic compounds occurring in foods and living tissues and including sugars, starch, and cellulose. They contain hydrogen and oxygen in the same ratio as water (2:1) and typically can be broken down to release energy in the animal body.	Khabonehaedreite
TERMS	DEFINITIONS	SESOTHO EQUIVALENTS
Carbaminohaemoglobin	A compound of hemoglobin and carbon dioxide, and is one of the forms in which carbon dioxide exists in the blood	Carbaminohaemoglobin
Catalyst	A substance that increases the rate of a chemical reaction without itself undergoing any permanent chemical change.	Sethusi
Catastrophic injury	A severe injury to the spine, spinal cord, or brain, and may also include skull or spinal fractures.	Kotsi e holofatsang
Core strength	Core muscles are an array of muscles from the chest to hips. They maintain balance, ensure stamina, keep you upright and protect the routes between your brain and your arms and legs. The	Tshehetso ya tsepamo

	ability of these muscles to carry out this function is core strength.	
Cytosol	The liquid found inside cells. It is separated into compartments by membranes. For example, the mitochondrial matrix separates the mitochondrion into many compartments.	Saethosolo
Dead arm syndrome	Starts with repetitive motion and forces on the posterior capsule of the shoulder. ... The labrum is a rim of cartilage around the shoulder socket to help hold the head of the humerus (upper arm) in the joint.	Ho shwa bohato ha letsoho
Ear drum rupture	A hole in the eardrum that can occur as a result of otitis media (ear infection), trauma (e.g. by trying to clean the ear with sharp instruments).	Ho taboha moropa wa tsebe
Eccentric training	The process of repetitively doing <i>eccentric</i> muscle contractions.	Phethaphetho ya kgonyetso ya mesifa
Ecchymosis	A discoloration of the skin resulting from bleeding underneath, typically caused by bruising.	Matetsetso
Endurance	The body's ability to exercise with minimal fatigue. Often used with other terms such as; endurance training, muscular endurance and cardiorespiratory endurance.	Mamello
Energy	The ability to do work	Matla/Eneji
TERMS	DEFINITIONS	SESOTHO EQUIVALENTS
Facet joint	The joints in your spine that make your back flexible and enable you to bend and twist.	Manonyeletso a mokokotlo
Faradism	The use of induced rapidly alternating electric currents to stimulate nerve and muscle activity.	Faradiseme
Fartlek training	The periods of fast running intermixed with periods of slower running."	Boikwetliso ba Fartlek
Fascia	A band or sheet of connective tissue, primarily collagen, beneath the skin that attaches, stabilizes, encloses, and separates muscles and other internal organs.	Fashiya
Fascicle	A separately published instalment of a book or other printed work, a bundle of structures, such as nerve or muscle fibres or cond.	Fasikele
Fatigue	A term used to describe an overall feeling of tiredness or lack of energy. It isn't the same as simply feeling drowsy or sleepy.	Mokgathala
Fatigue fracture	A type of stress fracture due to abnormal stresses	Ho imelwa ha lesapo

	on normal bone. They should not be confused with an insufficiency fracture, which occurs due to normal stresses on abnormal bone.	
Fat-free mass	The combined mass of the body of everything that is not fat (e.g. muscle, bone, skin and organs)	Dikarolo tse senang mafura
Flexion	A movement that decreases the angle between two body parts. Flexion at the elbow is decreasing the angle between the ulna and the humerus. When the knee flexes, the ankle moves closer to the buttock, and the angle between the femur and tibia gets smaller.	Kobeho ya manonyeletso
Flexometer	A measurement tool that's used to determine the degree of arc that a person or material is capable of moving...	Fleksometha
Flexion contracture	A flexion deformity of the knee is the inability to fully straighten or extend the knee. It is also known as <i>Flexion contracture</i>	Ho se otlolohe ha lengwele/lengole
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Flexural rigidity	The force couple required to bend a non-rigid structure in one unit of curvature or it can be defined as the resistance offered by a structure while undergoing bending.	Ho satalla
Force	An influence that may cause a body to accelerate. It may be experienced as a lift, a push, or a pull.	Matla
Fundus	The part of a hollow organ (such as the uterus or the gall bladder) that is furthest from the opening. The upper part of the stomach, which forms a bulge above the level of the opening of the oesophagus (furthest from the pylorus). The part of the eyeball opposite the pupil.	Fandase
Gracilis	A slender superficial muscle of the inner thigh.	Grasilis
Granulocyte	A category of white blood cells characterized by the presence of granules in their cytoplasm.	Kranyulosaete
Glycogen	The form in which carbohydrates are stored in the body. Primary sites for storage are the muscles and the liver.	Tlaekhojene
Heart block	An abnormal heart rhythm where the heart beats too slowly (bradycardia).	Morethetho wa pelo o sa tlwaelehang
Heart murmur	The sounds during your heartbeat cycle — such as whooshing or swishing — made by turbulent	Ho honotha ha pelo

	blood in or near your <i>heart</i> .	
Heart rate	A measurement of the work done by the heart, commonly expressed as the number of beats per minute (BPM).	Sekgahla sa ho otlala ha pelo
Injury	Any physical complaint that results from competition or training, regardless of its consequence on sports participation or performance	Kotsi/Temalo
Interval training	A training session that involves repeated bouts of exercise, separated by rest intervals.	Boikwetliso ba mekgahlelo
Isotonic	Denoting or relating to a solution having the same osmotic pressure as some other solution, especially one in a cell or a body fluid.	Isothonike
TERMS	DEFINITIONS	SESOTHO EQUIVALENTS
Juxtaglomerular apparatus	A structure in the kidney that regulates the function of each nephron, the functional units of the kidney.	Sebopeho sa phiyo sa Juxtaglomerular
Keratitis	An inflammation of the cornea — the clear, dome-shaped tissue on the front of your eye that covers the pupil and iris.	Borurusi ba lera/Kherathaethisi
Ketone	An organic compound containing a carbonyl group C O bonded to two hydrocarbon groups, made by oxidizing secondary alcohols.	Khethoune
Lactate	A salt formed from lactic acid.	Lakthate
Lactate threshold	The point during increasingly intensive exercise at which blood lactate begins to accumulate above resting levels.	Ntlha ya Lakthate
Lactic acid	Anaerobic exercise produces lactic acid, which quickly forms lactate in the muscles. Because of this, the terms "lactate" and "lactic acid" are often used interchangeably.	Esiti ya Laktiki
Level	A simple machine consisting of a rigid bar pivoted on a fixed point and used to transmit force, as in raising or moving a weight at one end by pushing down on the other.	Sekitiloto
Magnesium	A mineral that is important for normal bone structure in the body. People get magnesium from their diet, but sometimes magnesium supplements are needed if magnesium levels are too low.	Maknesiamo
Maximal oxygen uptake	The maximum capacity for oxygen consumption by the body during maximum exercise. VO_{2max} is	Ho phekumulohela hodimo

	commonly used as a measure of aerobic fitness.	
Maximum heart rate	The highest number of heart Beats Per Minute (BPM) when exercising maximally.	Sekgahla se hodimo sa ho otlala ha pelo
Muscle	The tissue that makes it possible for an animal/human being to move (and for movement to occur). Muscles also maintain posture and help maintain body temperature.	Mosifa
Myotonometry	The measurement of muscle tone	Semithi
TERMS	DEFINITIONS	SESOTHO EQUIVALENTS
Nutrition	The process of providing or obtaining the food necessary for health and growth.	Phepho
Obesity	A medical condition that occurs when a person carries excess weight or body fat that might affect their health.	Monono
Overtraining	A physical and mental state which occurs due to excessive training without adequate recovery	Ho ikwetlisa ho feta tekano
Overreaching	The initial level of overtraining	Ho ikwetlisa ho feta tekano
Oxygen consumption	One's ability to extract oxygen from the atmosphere via the respiratory system and transport it in the blood to the working tissues (eg. muscles) for the energy production by the oxidation of carbohydrate and fat.	Ho phefumoloha
Oxygen pulse	The ratio of oxygen consumption to heart rate and expresses the volume of oxygen ejected from the ventricles with each cardiac contraction.	Morethetho wa phefumulo
Pancreas	A large gland behind the stomach which secretes digestive enzymes into the duodenum. Embedded in the pancreas are the islets of Langerhans, which secrete into the blood the hormones insulin and glucagon.	Lebete
Power	The rate, at which work is done, expressed as the amount of work per unit time and commonly measured in units such as the watt and horsepower.	Sekgahla
Pyramid training	In resistance training, a pyramid is a basic structure that you create when arranging your sets and reps of a given exercise. It entails starting out light and stepping up the weight you use on successive sets	Boikwetliso ba Phiramiti
Quadratus	Any of several roughly square or rectangular muscles, e.g. in the abdomen, thigh, eye socket.	Khwadrate

Quadriceps	The large muscle at the front of the thigh, which is divided into four distinct portions and acts to extend the leg.	Khwadrasepse
TERMS	DEFINITIONS	SESOTHO EQUIVALENTS
Resting heart rate	The number of heart beats in one minute when a person is at complete rest. A person's resting heart rate decreases as they become more fit.	Makgetlo a morethetho wa pelo ka motsotso
Resistance training	Training designed to increase the body's strength, power, and muscular endurance through resistance exercise. The most common form of which is weight training.	Phehello ya boikwetliso
Resting Metabolic rate (RMR)	The body's metabolic rate (rate of energy use) early in the morning after an overnight fast and a full eight hours' sleep.	Sekgahla se iketileng sa tshilo
Repetitions or Reps	The number of times a lift or effort is made continuously, one after another and without any rest.	Phethaphetho
Rotation	The movement of something through one complete circle. If people do something in <i>rotation</i> , they take turns to do it.	Potoloha/Dikoloha
Roughage	Fibrous indigestible material in vegetable foodstuffs which aids the passage of food and waste products through the gut.	Ditlheberetsi/Mahaila
Rupture	A severe injury in which an internal part of your body tears or bursts open, especially the part between the bowels and the abdomen.	Ho thanya
Sets	A set is a group of repetitions. A workout usually includes several sets of each exercise.	Disete
Sports science	A discipline that studies the application of scientific principles and techniques with the aim of improving sporting performance.	Saense ya Dipapadi
Spotting	A person, normally your workout partner, who watches your lifts for technique and safety. Their role is also to help you finish your movement.	Mothusi
Syndesmosis	An immovable joint in which bones are joined by connective tissue (e.g. between the fibula and tibia at the ankle).	Sindismosese

TERMS	DEFINITIONS	SESOTHO EQUIVALENTS
Syndrome	A group of symptoms which consistently occur together, or a condition characterized by a set of associated symptoms.	Sendromo
Talus	The large bone in the ankle, which articulates with the tibia of the leg and the calcaneus and navicular bone of the foot.	Thalase
Tapering	A reduction in training intensity before a major competition to give the body time to recover and adapt so as to reach a peak in performance.	Pebofatso ya boikwetliso
Tuberosity	A large prominence on a bone usually serving for the attachment of muscles or ligaments.	Kotola
Turgor	The degree of elasticity of skin sometimes referred to as skin <i>turgor</i> . The assessment of skin <i>turgor</i> is used clinically to determine the extent of dehydration, or fluid loss, in the body.	Thekha
Tympanic membrane	A membrane forming part of the organ of hearing, which vibrates in response to sound waves. In humans and other higher vertebrates it forms the eardrum, between the outer and middle ear.	Moropa wa tsebe
Uppers	The part of a boot or shoe above the sole.	Bokahodimo
Upper limb	The upper limb or upper extremity is the region in a vertebrate animal extending from the deltoid region up to and including the hand, including the arm, axilla and shoulder.	Sephaka
Vaccination	Treatment with a vaccine to produce immunity against a disease; inoculation	Kento
Vagus nerve	Each of the tenth pair of cranial nerves, supplying the heart, lungs, upper digestive tract, and other organs of the chest and abdomen.	Methapokutlo ya Vagus
Valgus	A deformity involving oblique displacement of part of a limb away from the midline.	Kgolofalo
Varus stress	A bent inward; denoting a deformity in which the angulation of the part is toward the midline of the body.	Kgolofalo
TERMS	DEFINITIONS	SESOTHO EQUIVALENTS
Vo₂	Oxygen consumption/uptake by the body. Usually expressed in ml.kg ⁻¹ .min ⁻¹ , sometimes in l.min ⁻¹ .	Vo2
Work	When a force moves an object through a distance in the direction of the force (force x distance), measured in joules.	Tshebetso

Xiphoid process	The cartilaginous section at the lower end of the sternum, which is not attached to any ribs, and gradually ossifies during adult life.	Lefufuru la sefuba
Yaw	a movement around the yaw axis of a rigid body that changes the direction it is pointing, to the left or right of its direction of motion	Yaw
Zygomatic bone	The bone that forms the prominent part of the cheek and the outer side of the eye socket.	Lesapo la lerama