**Vital vocabulary in PE**

1. Specificity
2. Progression
3. Overload
4. Reversibility
5. FITT
6. Socio economic
7. Cardiovascular endurance
8. Rate of recovery
9. Muscular endurance
10. Fatigue
11. Lactic Acid
12. Fitness
13. Motor skill
14. Kinaesthetic
15. Mental preparation
16. Participation rate
17. Sedentary
18. Vascular shunt
19. Wellbeing
20. Anaerobic
21. Aerobic
22. Hypertrophy
23. Commercialisation
24. Flexibility
25. Power
26. Etiquette
27. Sportsmanship
28. Gamesmanship
29. Health
30. Reaction time
31. Co ordination
32. Agility
33. Antagonistic
34. Strength
35. Cool down
36. Warm up
37. Deviance
38. Balance
39. Speed
40. Levers
41. Planes
42. Obesity
43. Golden triangle
44. Axis
45. Balanced diet
46. SMART