

Index

- A**
- activity classification 10-3, 26
 - aesthetic activities 11
 - direct interceptive activities 10
 - indirect interceptive activities 10
 - individual vs team activities 11-2
 - indoor activities 12
 - outdoor activities 12
 - performance activities 11
 - adenosine triphosphate (ATP) 269-73
 - sources 270-3
 - aerobic capacity 274-5
 - anaerobic energy 271-3
 - ATP-CP/lactic energy system 272
 - lactic acid energy system 272-3
 - anatomical movement descriptors 76-7
 - anatomical planes and axes 53-5
 - axes 54
 - degrees of freedom 55
 - planes 53-4
 - arousal 185-91
 - and performance 185-7
 - inverted-U hypothesis 185-6
 - regulating arousal 187-91
 - ATP-CP/lactic energy system 272
 - attitudes 203-6
 - and physical activity 204-5
 - stereotypes 205-6
 - Australia's sporting identity 213-5
- B**
- biomechanics 74-97
 - anatomical movement descriptors 76-7
 - principles relating to force 80-94
 - principles relating to motion 77-80
 - safety and injury prevention 95-7
 - biomechanical principles – force 80-94
 - absorption of force 93-4
 - application of force 80-92
 - biomechanical principles – motion 77-80
 - angular motion 78-80
 - general motion 80
 - linear motion 77-8
 - blood 240-2
 - major components 241-4
 - blood pressure 250-2
 - body types 70-3
 - and performance 71-2
 - modifying 72-3
 - breathing process 257-9
 - expiration 259
 - inspiration 257-9
- C**
- cardiac cycle 247-8
 - circulatory system 240-52
 - blood 240-2
 - blood vessels 243-5
 - heart 245-52
 - response to physical activity 262-5
 - coaching 130-54
 - attributes of an effective coach 135-45
 - approaches to 132-5
 - code of ethics 145-7
 - role 130-2, 144
 - coach attributes 135-45
 - communication 142-3
 - knowledge 135-6
 - organisation skills 137-8
 - observation and analysis 140-2
 - personality 144
 - teaching skills 138-41
 - coaching styles 132-5
 - authoritarian 133
 - casual 133
 - democratic 133
 - communication skills 368-72
 - types of communication 370-2
 - components of fitness 287-93
 - health-related components 287-91
 - performance-related components 292-3
 - concentration 173-84
 - improving concentration 178-84
 - Nideffer Model of Attention 174-5
 - problems 177-8
 - shifting attentional focus 175-6
 - conflict resolution 374-8
- D**
- decision making 387-409
 - decision making tools 395-402
 - group decision making 403-7
 - individual decision making 390-402
 - problem solving 408-9
 - the process 389-90
 - diet and nutrition 295-304
 - and sport performance 304
 - energy balance 296-303
 - drugs and fitness 305-9
 - tobacco 305-6
 - alcohol 306-7
 - performance-enhancing drugs 308-10
- E**
- energy systems 267-84
 - aerobic capacity 274-5
 - aerobic pathway 273
 - anaerobic pathway 271-3
 - adenosine triphosphate (ATP) 269-73
 - recovery from exercise 275-84
 - relationship between systems 275-6
 - sources of energy 270-3
 - ethics in sport 222-32
- F**
- factors affecting fitness 294-310
 - aerobic/anaerobic capacities 295
 - body type 294-5
 - diet and nutrition 295-304
 - gender 294
 - rest and exercise 304-5
 - drugs 305-9
 - factors affecting learning 121-30
 - environmental factors 129-30
 - learner factors 121-3
 - feedback 130
 - task factors 123-9
 - fitness 286-345
 - components of 287-93
 - factors affecting 294-310
 - testing 310-38
 - training 339-45
 - fitness profile 332-7
 - fitness testing 310-38
 - agility 325-6
 - balance 327-8
 - body composition 321-22
 - coordination 327
 - cardiorespiratory endurance 313-5
 - fitness profile 332-7
 - flexibility 319-21
 - muscular endurance 315-7
 - muscular strength 317-9
 - power 322-4
 - reaction time 326
 - speed 324-5
 - testing battery 328-38
 - fitness training 339-45
 - specificity principles 339-41
 - training session 341-5
 - fitness training session 341-5
 - cool-down 344-5
 - conditioning 344
 - warm-up 341-4
 - force, application of 80-92
 - applied forces 82-6
 - levers 83-6
 - reaction forces 86-7
 - functional anatomy 42-69
 - joints 46-55
 - muscles 56-69
 - skeleton 42-55
- G**
- goal setting 197-200
 - setting goals 199-200
 - types of goals 198
- H**
- health-related fitness components 287-91
 - body composition 291
 - cardiorespiratory endurance 287-8
 - flexibility 290-1
 - muscular endurance 290
 - muscular strength 288
 - heart 245-52
 - blood pressure 250-3
 - cardiac cycle 247-8
 - circulation of blood 248-51
- I**
- interpersonal skills 368-78
 - assertion skills 372-3
 - communication skills 368-72
 - negotiating 374-8
 - relationship skills 373
 - working with others 373-4
 - inverted-U hypothesis 185-6
- J**
- joints 46-55
 - anatomical planes and axes 53-5
 - movement of synovial joints 50-1
 - range of movement 51-3
 - types 46-9

- L**
- lactic acid energy system 272-3
 - learning and performance 115-20
 - performance and learning curves 115-20
 - levers 83-6
 - lungs 256-7
 - gaseous exchange 257-8
 - lung volumes 260-1
- M**
- mental skills 172-200
 - arousal 185-91
 - concentration 173-84
 - motivation 192-200
 - motivation 192-200
 - goal setting 197-200
 - improving 196-7
 - types of 193-7
 - movement analysis 98-104
 - evaluation 102
 - intervention 103
 - observation 101-2
 - preparation 98-101
 - muscles 56-69
 - actions of skeletal muscles 62
 - common features 59-60
 - fibre types 66-8
 - functions 58
 - microstructure 64
 - producing movement 60-3
 - skeletal muscles 56-7
 - types of muscle 58-9
 - muscular contraction 60-6
 - antagonist pairs 60-2
 - fibre types 66-8
 - microstructure 64
 - muscle fibres 60
 - sliding filament theory 64-6
 - tendons 60
- N**
- Nideffer Model of Attention 174-5
- O**
- observing and analysing movement 98-104
 - evaluation 102
 - intervention 103
 - observation 101-2
 - preparation 98-101
 - oxygen debt 276-7
- P**
- performance-enhancing drugs 308-10
 - performance-related fitness 292-3
 - agility 292
 - balance 293
 - coordination 293
 - power 292
 - reaction time 293
 - speed 292
 - performer, the 155-6
 - phases of learning a skill 110-4
 - associative stage 111
 - automated stage 111-2
 - cognitive stage 110
- R**
- recovery from exercise 275-84
 - oxygen debt 276-7
 - respiratory system 252-61
 - air passages 255-6
 - diaphragm 257-9
 - lungs 256-7
 - response to physical activity 266-7
 - role models 233
- S**
- self-concept 209-11
 - self-esteem 211-2
 - self-identity 206-8
 - skeleton 42-55
 - structure 42-5
 - skill acquisition 106-30
 - characteristics of skilled movement 107
 - factors affecting learning 121-30
 - learning and performance 115-20
 - learning process 108-9
 - phases of learning 110-4
 - skill defined 106
 - skill types 124-9
 - closed, open 126
 - discrete, serial, continuous 121-5
 - fine, gross 124
 - self-paced, externally-paced 125
 - simple, complex 126-8
 - sports injuries 346-62
 - DRABCD 347-9
 - HARM 355
 - immediate management 350-6
 - management stages 346-50
 - RICER 353-4
 - specific injury management 357-60
 - STOP 351
 - sports injury prevention 157-69
 - balanced competitions 167
 - environmental conditions 165-6
 - existing injuries 166
 - fitness and training 158
 - infectious diseases 167-9
 - medical conditions 157
 - playing areas/surfaces 164
 - protective equipment 159-63
 - rule compliance 166
 - skills and techniques 163-4
 - warm-up, cool-down 158-9
 - sportsmanship 219-21
 - strategies 14-21
 - formations 18-21
 - roles and responsibilities 17
 - stretching activities 342-3
- T**
- tactics 21-30
 - applying tactics 25-9
 - effective communication 24
 - sample tactical problems 26
 - team building 379-86
 - codes of behaviour 386
 - effective team work 385
 - group formation 379-81
 - team dynamics 381-5
- V**
- technique analysis 30-40
 - knowledge of results 37-40
 - observation schedules 30-4
 - reflecting on performance 35-6
 - video of performance 35, 412-29
 - transfer of learning 128-9
- V**
- values 201-3, 215-34
 - promoted through sport 215-34
 - videoing performance 35, 412-29
- W**
- warm-up 341-4
 - stretching 342-3