

Key terms

Key Word	Definition
Oxygen debt	A temporary oxygen shortage in the body tissues arising from exercise
Excess post-exercise oxygen consumption	The process of taking in additional oxygen needed by cells in the body to remove the lactic acid created by anaerobic respiration
Heart rate	The number of times the heart beats in a minute
Adrenalin	A hormone created in the body that causes the body to beat faster
Breathing rate	The number of breaths taken in a minute
Fatigue	Extreme tiredness resulting from physical exertion
Nausea	A feeling of sickness with an inclination to vomit
Hypertrophy	The process whereby the muscle walls of the heart get thicker and stronger as a result of training
Bradycardia	A slower than normal heart rate (typically fewer than 60 beats per minute)