

Key terms

Key Word	Definition
Force	A push or pulling action applied upon an object (measured in Newtons, or N for short)
Inertia	The resistance of an object to any change in its state of motion
Mass	The quantity of matter in a body regardless of its volume or of any forces acting on it (measured in kilograms or kg)
Acceleration	The rate at which an object changes speed (measured in metres per second, or m/s ²)
Gravity	The force that attracts a body towards the centre of the earth, or towards any other physical body having mass
Muscular force	A push or pull applied to an object provided by muscular contraction
Air resistance	The frictional force that air applies against a moving object
Ground reaction force	The reaction to the force that the body exerts on the ground
Lever	A solid bar (bone/s) that turns around an axis to create movement and contains three main components: fulcrum, resistance and effort
Fulcrum	A fixed point about which the lever can turn; sometimes referred to as axis or pivot
Resistance	The load or weight that the lever must move (this could range from the weight of a body part to an external load such as dumb bells)
Effort	The amount of force required to move the load