

SPORTS LINGO

ACTIVITIES, POSITIONS, AND GENERAL SPORTS TERMS

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1. Cross Training—What Is It?

Cross-training is exercising in another sport or activity other than the athlete's main sport with the goal of improving overall performance and minimizing the risk of injury from overuse of muscle groups. Cross training can also develop an underutilized muscle group, leading to improved fitness. An example would be a long-distance runner running 3 days a week and adding 2 days of cross training with a bicycle, which may help with cadence training, or swimming, which will provide a cardiovascular workout minus the impact to the body.

2. What Is a Club or Travel Team?

Club or travel team—A team composed of above-average players for a sport. Playing on this type of team allows the athlete to hone his or her skills in a particular sport against highly skilled athletes in his or her same age group. Being a member of a club or travel team requires a significant commitment from the athlete and his or her families in terms of time and cost.

3. When Does an Athlete Have Overuse Syndrome or Suffer From Overtraining? What Is a Showcase or Tournament?

- *Overuse or overtraining*—Refer to Chapter 20, question 9 for definition and work-up.
- *Tournament or showcase*—See Chapter 4, questions 3.

4. What Are the Martial Arts?

The martial arts are ancient disciplines of combat practices. They are organized systems of defense and attack moves that may or may not include specialized equipment or protective gear. They are practiced for a variety of purposes, including self-defense, physical fitness, increased mental awareness, and spiritual development. There are over 1000 different types of martial arts. The following is a list of common types of martial arts^{1,2}:

- *Aikido*—Originating in Japan, this style uses arm bars, holds, and takedowns to redirect and neutralize the energy of an opponent; few kicks are used; the martial artist moves with the attacker rather than against him or her.
- *Judo*—Japanese sport that uses mainly throws.
- *Jiu-jitsu*—Includes arm bars, holds, throws, joint locks, and takedowns. Law enforcement officers may use these techniques.
- *Karate*—Originating in Japan, this style uses kicks and punches for self-defense purposes.
- *Kickboxing*—Originating in America during the 1970s, this style utilizes kicking, punching, sparring, and kick blocks.