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## Revision

# Edexcel key terms

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After reading the Edexcel column on pp. 10–12 of the magazine, learn these terms and make sure you can give accurate definitions.

**Factors** Something that contributes to a result.

**Nurture** Refers to all environmental influences after conception, i.e. experience.

**Response vs adaptations** Responses are short-term effects that occur during exercise and return to normal after, e.g. sweating. Adaptations are long-term, more permanent, changes as a result of exercise, e.g. lower resting heart rate.

**Concepts and context** Key terms/words/phrases linked to a particular topic. Context is the circumstances that form the setting for an event, statement or idea.

**Sports agencies** Organisations supporting and promoting sport from mass participation to elite level, e.g. UK Sport and Sport England.