



# Sports & Fitness in English: Advanced Vocabulary

104 words

| ENGLISH                           | TRANSCRIPTION                  |
|-----------------------------------|--------------------------------|
| <b>biomechanics</b>               | /ˌbaɪoʊmɪˈkæniks/              |
| <b>periodization</b>              | /ˌpɪriədaiˈzeɪʃən/             |
| <b>macrocycle</b>                 | /ˈmækroʊsaɪkəl/                |
| <b>mesocycle</b>                  | /ˈmesoʊsaɪkəl/                 |
| <b>microcycle</b>                 | /ˈmaɪkroʊsaɪkəl/               |
| <b>tapering</b>                   | /ˈteɪpərɪŋ/                    |
| <b>deload</b>                     | /ˌdiːˈloʊd/                    |
| <b>overtraining</b>               | /ˌoʊvərˈtreɪnɪŋ/               |
| <b>load management</b>            | /loʊd ˈmænidʒmənt/             |
| <b>recovery protocol</b>          | /rɪˈkʌvəri ˈprəʊtəkɔːl/        |
| <b>VO2 max</b>                    | /ˌviː oʊ ˈtuː mæks/            |
| <b>lactate threshold</b>          | /ˈlækteɪt ˈθreʃhoʊld/          |
| <b>aerobic</b>                    | /eəˈroʊbɪk/                    |
| <b>anaerobic</b>                  | /ˌænəˈroʊbɪk/                  |
| <b>metabolic conditioning</b>     | /ˌmetəˈbɔːlɪk kənˈdɪʃənɪŋ/     |
| <b>plyometrics</b>                | /ˌplaioʊˈmetrɪks/              |
| <b>proprioception</b>             | /ˌprɒpɪəˈsɛpʃən/               |
| <b>kinetic chain</b>              | /kɪˈnetɪk tʃeɪn/               |
| <b>force production</b>           | /fɔːrs prəˈdʌkʃən/             |
| <b>power output</b>               | /ˈpaʊər ˈaʊtpʊt/               |
| <b>rate of perceived exertion</b> | /reɪt əv pərˈsiːvd ɪgˈzɜːrʃən/ |
| <b>movement efficiency</b>        | /ˈmuːvmənt ɪˈfɪʃiənsi/         |
| <b>neuromuscular</b>              | /ˌnɜːroʊˈmʌskjələr/            |
| <b>motor control</b>              | /ˈmoʊtər kənˈtroʊl/            |

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| <b>balance training</b>    | /ˈbæləns ˈtreɪnɪŋ/       |
| <b>stability</b>           | /stəˈbɪləti/             |
| <b>mobility</b>            | /məʊˈbɪləti/             |
| <b>range of motion</b>     | /reɪndʒ əv ˈməʊʃən/      |
| <b>tissue loading</b>      | /ˈtɪʃuː ˈloʊdɪŋ/         |
| <b>tendon</b>              | /ˈtendən/                |
| <b>ligament</b>            | /ˈlɪgəmənt/              |
| <b>sprain</b>              | /spreɪn/                 |
| <b>strain</b>              | /streɪn/                 |
| <b>rotator cuff</b>        | /ˈrəʊteɪtər kʌf/         |
| <b>concussion</b>          | /kənˈkʌʃən/              |
| <b>rehabilitation</b>      | /ˌriːəˌbɪlɪˈteɪʃən/      |
| <b>physiotherapy</b>       | /ˌfɪziəˈθerəpi/          |
| <b>return to play</b>      | /rɪˈtɜːrn tə pleɪ/       |
| <b>injury prevention</b>   | /ˈɪndʒəri prɪˈvenʃən/    |
| <b>sports medicine</b>     | /spɔːrts ˈmɛdɪsən/       |
| <b>sports psychology</b>   | /spɔːrts saɪˈkɔːlədʒi/   |
| <b>visualization</b>       | /ˌvɪʒuələˈzeɪʃən/        |
| <b>mental toughness</b>    | /ˈmentəl ˈtʌfnəs/        |
| <b>focus training</b>      | /ˈfəʊkəs ˈtreɪnɪŋ/       |
| <b>competitive anxiety</b> | /kəmˈpetətɪv æŋˈzaɪəti/  |
| <b>performance anxiety</b> | /pərˈfɔːrməns æŋˈzaɪəti/ |
| <b>game analysis</b>       | /geɪm əˈnæləɪsɪs/        |
| <b>scouting report</b>     | /ˈskaʊtɪŋ rɪˈpɔːrt/      |
| <b>video review</b>        | /ˈvɪdɪoʊ rɪˈvjuː/        |
| <b>performance metrics</b> | /pərˈfɔːrməns ˈmetrɪks/  |
| <b>sports analytics</b>    | /spɔːrts ˌænəˈlaɪtɪks/   |

| ENGLISH                       | TRANSCRIPTION                |
|-------------------------------|------------------------------|
| <b>expected goals</b>         | /ɪk'spektɪd ɡoʊlz/           |
| <b>time-motion analysis</b>   | /taɪm 'moʊʃən ə'næləʊsɪs/    |
| <b>tactical periodization</b> | /'tæktɪkəl ,pɪrɪədɑɪ'zeɪʃən/ |
| <b>game model</b>             | /geɪm 'mɑ:dəl/               |
| <b>playbook</b>               | /'pleɪbʊk/                   |
| <b>set piece</b>              | /set pi:s/                   |
| <b>transition play</b>        | /træn'zɪʃən pleɪ/            |
| <b>press defense</b>          | /pres dɪ'fens/               |
| <b>zone defense</b>           | /zəʊn dɪ'fens/               |
| <b>man-to-man</b>             | /,mæn tə 'mæn/               |
| <b>offensive scheme</b>       | /ə'fensɪv ski:m/             |
| <b>defensive scheme</b>       | /dɪ'fensɪv ski:m/            |
| <b>match tempo</b>            | /mætʃ 'tempoʊ/               |
| <b>pace control</b>           | /peɪs kən'troʊl/             |
| <b>injury risk</b>            | /'ɪndʒəri rɪsk/              |
| <b>workload</b>               | /'wɜ:rkloʊd/                 |
| <b>training volume</b>        | /'treɪnɪŋ 'vɔ:lju:m/         |
| <b>intensity</b>              | /ɪn'tensəti/                 |
| <b>heart rate variability</b> | /hɑ:rt reɪt ,veriə'bɪləti/   |
| <b>sleep quality</b>          | /sli:p 'kwɑ:ləti/            |
| <b>nutrition plan</b>         | /nu:'trɪʃən plæn/            |
| <b>electrolyte balance</b>    | /ɪ'lektro,lɑɪt 'bæləns/      |
| <b>hydration strategy</b>     | /haɪ'dreɪʃən 'strætədʒi/     |
| <b>supplementation</b>        | /,sʌplɪmɛn'teɪʃən/           |
| <b>doping control</b>         | /'doʊpɪŋ kən'troʊl/          |
| <b>banned substance</b>       | /bænd 'sʌbstəns/             |
| <b>anti-doping</b>            | /,æntɪ'doʊpɪŋ/               |

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|-----------------------|---------------------------|
| recovery modalities   | /rɪ'kʌvəri moʊ'dæltɪz/    |
| cold therapy          | /kəʊld 'θerəpi/           |
| heat therapy          | /hi:t 'θerəpi/            |
| sports massage        | /spɔ:rts mə'sɑ:ʒ/         |
| mobility screening    | /moʊ'bɪləti 'skri:nɪŋ/    |
| functional assessment | /'fʌŋkʃənəl ə'sesmənt/    |
| force plate           | /fɔ:rs pleɪt/             |
| sprint mechanics      | /sprɪnt mɪ'kæniks/        |
| stride length         | /straɪd lɛŋkθ/            |
| cadence               | /'keɪdəns/                |
| change of direction   | /tʃeɪndʒ əv də'rekʃən/    |
| reactive agility      | /ri'æktɪv ə'dʒɪləti/      |
| deceleration          | /,di:ˌsɛlə'reɪʃən/        |
| acceleration          | /əkˌsɛlə'reɪʃən/          |
| explosive power       | /ɪk'splɒsɪv 'paʊər/       |
| vertical jump         | /'vɜ:rtɪkəl dʒʌmp/        |
| movement screening    | /'mu:vmənt 'skri:nɪŋ/     |
| posture               | /'pɔ:stʃər/               |
| core stabilization    | /kɔ:r ˌsteɪbəlaɪ'zeɪʃən/  |
| fatigue management    | /fə'ti:g 'mænɪdʒmənt/     |
| adaptation            | /,ædæp'teɪʃən/            |
| performance plateau   | /pər'fɔ:rməns plæ'təʊ/    |
| peak performance      | /pi:k pər'fɔ:rməns/       |
| competition schedule  | /,kɑ:mpe'tɪʃən 'skɛdʒu:l/ |
| season planning       | /'si:zən 'plænɪŋ/         |
| training camp         | /'treɪnɪŋ kæmp/           |

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