

Definitions

HUMAN PERFORMANCE

- 1) Any human activity requiring physical skill & prowess, usually of competitive nature as a sport.
- 2) Any form of activity, not necessary of a competitive nature, which requires a physical demand upon the body's muscle groups, lung capacity, sweat glands and heart.

3 CRITERIA be met :

- should be fun for the participant, whether actively participating as ancient Greeks or a spectator as ancient Romans
- should enhance the health of the individual participants and society in general
- should provide for the public entertainment

SPORTS PHYSIOLOGY

The measurement of human performance during sport or exercise, which is the aggregate of the following factors :

- physiological
- neurological
- psychological
- biochemical
- biomechanical
- social

SPORTS MEDICINE:

The clinical aspects of the prevention and treatment of problems related to sport and exercise, including athletic injuries.everything related to sports performance and exercise, both the medical and scientific aspects.

MEDICAL

Orthopedic
Surgery
Podiatry
Nutrition
Cardiology
Injury
Neurophysiology
Biochemistry

SCIENTIFIC

Athletic Training
Biomechanics
Sports psychology
Muscle physiology
Sports sociology
Sports anthropology