

## Spelling list: GCSE PE: Health Fitness and Well Being 2

Key words for GCSE PE

sprain	A damaged ligament is a <b>sprain</b> .
strain	A damaged muscle is a <b>strain</b> .
concussion	A <b>concussion</b> is a type of head injury.
fracture	A <b>fracture</b> is a crack or break in a bone.
abrasion	An <b>abrasion</b> is when the skin is damaged.
tennis	<b>Tennis</b> elbow is a pain on the outside of the elbow from overuse.
elbow	Tennis <b>elbow</b> is a pain on the outside of the <b>elbow</b> from overuse.
golfer's	<b>Golfer's</b> elbow is a pain on the inside of the elbow from overuse.
RICE	<b>RICE</b> is a mnemonic to help you remember how to treat an injury: Rest, Ice, Compression, Elevation.
warm	You <b>warm</b> up to prepare for exercise.
up	You warm <b>up</b> to prepare for exercise.
cool	You <b>cool</b> down as a way of ending your exercise.
down	You cool <b>down</b> as a way of ending your exercise.
blood	<b>Blood</b> pressure is related to the force with which the heart pumps the <b>blood</b> around the body.
pressure	Blood <b>pressure</b> is related to the force with which the heart pumps the blood around the body.