

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

Key words for GCSE PE

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