

## PDHPE Taboo Cards

<p><b>VO2 Max</b></p> <p>Oxygen uptake Aerobic Test Ergometer Endurance</p>	<p><b>Mental rehearsal</b></p> <p>Anxiety Relaxation Picture Visualise Concentration</p>	<p><b>Epidemiology</b></p> <p>Incidence Prevalence Mortality Morbidity Disease</p>
<p><b>Haemoglobin</b></p> <p>Red blood cells Oxygen Transport Aerobic Endurance</p>	<p><b>Glycogen</b></p> <p>Carbohydrates Energy Fuel Muscle Liver</p>	<p><b>Mortality</b></p> <p>Death Morbidity Disease Cardiovascular disease Cancer</p>
<p><b>Supplementation</b></p> <p>Vitamins Minerals Performance Carbohydrate loading Diet</p>	<p><b>Flexibility</b></p> <p>Training PNF Static Ballistic Stretching</p>	<p><b>Colorectal cancer</b></p> <p>Colon Rectum Bowel Fibre Diet</p>
<p><b>Autonomous</b></p> <p>Skill acquisition Cognitive Associative Error Advanced</p>	<p><b>Kinaesthetic sense</b></p> <p>Feel Movement Skilled performer Muscle memory Awareness</p>	<p><b>Type 2 diabetes</b></p> <p>Insulin Diet Overweight Disease Pancreas</p>
<p><b>Distributed practice</b></p> <p>Learning environment Massed Whole Part Practice method</p>	<p><b>Specificity</b></p> <p>Principle of training Reversibility Progressive overload Variety Fitness</p>	<p><b>Ottawa Charter</b></p> <p>Building healthy public policy Creating supportive environments Strengthening community action Developing personal skills Re-orienting health services</p>
<p><b>Cardiac output</b></p> <p>Stroke volume Heart rate Blood Increase Exercise</p>	<p><b>Isometric</b></p> <p>Strength Isotonic Isokinetic Muscle Resistance</p>	<p><b>Creatine Phosphate</b></p> <p>ATP Alactacid CP/PC Energy system High intensity</p>
<p><b>Training threshold</b></p> <p>Aerobic Anaerobic Zone Heart rate Intensity</p>	<p><b>Inequity</b></p> <p>Injustice Education Income Socioeconomic ATSI</p>	<p><b>Atherosclerosis</b></p> <p>Cardiovascular disease Disease Arteries Fat Cholesterol</p>
<p><b>Social justice</b></p> <p>Rights Access Equity Participation Diversity</p>	<p><b>Medicare</b></p> <p>Health insurance Levy Tax Bulk bill Equity</p>	<p><b>Lactic acid</b></p> <p>Energy system By-product Oxygen Fatigue Muscle</p>