

| Sports science and training method 運動科學及訓練法 | |
|--|-----------------|
| A band | 肌纖維的暗帶 |
| Abdominal muscle | 腹肌 |
| Abdominal strength | 腹肌力 |
| Abduction | 外展作用 |
| Abductor muscle | 外展肌 |
| Abrasion | 擦傷 |
| Absorption | 吸收 |
| Acclimatization | 適應 / 克服水土和氣候 |
| Acclimatize | 適應 |
| Accumulate | 積累 |
| Acetylcholine (ACH) | 乙醯胆鹼 / 醋酸胆醇 |
| Achilles' tendon | 亞基理肌腱 / 跟腱 |
| Acid-base balance | 酸鹼平衡 |
| Actin | 機動蛋白 |
| Active | 活躍 |
| Active stretching | 主動性伸展 |
| Acute | 急性 |
| Adaptation | 適應 |
| Adduction | 內收作用 |
| Adductor muscle | 內收肌 |
| Adenosine diphosphate (ADP) | 二磷酸腺甘 |
| Adenosine triphosphate (ATP) | 三磷酸腺甘 |
| Adipose tissue | 脂肪組織 |
| Adolescence | 青少年期 |
| Adolescent growth spurt | 青春期之生長突增期 |
| Adrenaline | 腎上腺素 |
| Aerobic | 有氧的 / 帶氧的 / 需氧的 |
| Aerobic metabolism | 需氧代謝 |
| Aerobic training | 帶氧訓練 / 有氧訓練 |
| Afferent nerve | 傳入神經 |
| Agility | 敏捷性 |
| Agonist | 主動肌 / 作用肌 |
| Aggression | 好勝心 / 積極進取 |
| Air-aunger | 空氣饑 |
| Airway | 呼吸道 |

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|---|-------------------|
| Alertness | 機警 / 敏捷 |
| Altitude | 海拔高度 / 高處 |
| Altitude sickness | 高山病 |
| Alveolar ventilation | 肺泡通氣 |
| Alveolus | 肺氣泡 |
| Amino acid | 氨基酸 |
| Amphetamine | 安非他命 / 安非他明 / 苯丙胺 |
| Anaerobic | 缺氧的 |
| Anaerobic glycolysis | 無氧酵解 |
| Anaerobic metabolism | 無氧代謝 |
| Anaerobic training | 無氧訓練 |
| Anatomical | 解剖學上的 / 身體結構上的 |
| Anatomy | 解剖學 |
| Anemia | 貧血 |
| Anorexia nervosa | 厭食症 |
| Anoxia | 缺氧症 |
| Antagonist | 對抗肌 / 頤頤肌 |
| Anterior curvature | 脊柱前凸 |
| Anthropometry | 人體測量學 |
| Antigravity muscle | 抗引力肌 |
| Anxiety | 焦慮 |
| Aorta | 大動脈 |
| Aorta sinus | 大動脈竇 |
| Aptitude | 性向 / 傾向 |
| Arm curl | 臂彎舉 |
| Arm jump | 懸垂引體前攀 |
| Arousal | 喚醒 / 興奮 |
| Arterial anoxemia | 動脈血缺氧 |
| Arteriole | 小動脈 |
| Arteriovenous oxygen difference (A-V O ² diff) | 動靜脈血氧差 |
| Artery | 動脈 |
| Articular | 關節的 |
| Artificial respiration | 人工呼吸 |
| Aspiration | 志向 / 抱負 |
| Astride jump with dumbbells | 持啞鈴開合跳 |
| Atherosclerosis | 動脈粥樣硬化 |

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|---------------------------------|-----------------------------|
| Athlete's heart | 運動員心臟 |
| Atmosphere | 大氣 |
| Atrium | 心房 |
| Atrophy | 萎縮 |
| Auriculo-ventricular (A-V) node | 房室結 |
| Autonomic nervous system | 自主神經系 / 植物性神經系統 |
| Axon | 軸突 |
| Back and leg dynamometer | 背腿測力計 |
| Backward curvature | 背柱後凸 |
| Balanced diet | 均衡膳食 |
| Barbell | 槓鈴 |
| Barbell curl | 雙手持重彎臂至肩 |
| Barbell press | 推舉 |
| Barbell reserve wrist curls | 正握腕彎舉 |
| Barbell swing | 槓鈴正握前上舉 |
| Baric index | 體重身高指數(體重/身高 X1000) / 克托萊指數 |
| Barometer | 氣壓計 |
| Barometric pressure | 大氣壓 |
| Basal metabolic rate | 基礎率 |
| Bed rest | 躺床休息 |
| Behavior | 行為 |
| Bench lifts | 推撐長凳 |
| Bench press (chest press) | 仰臥推舉 / 臥推舉 |
| Bench stepping | 上下凳子 / 長凳上落踏步 |
| Bent arm pullover | 仰臥過頭舉 |
| Biceps | 肱二頭肌 |
| Bicycle ergometer | 踏車肌力計 |
| Bilateralism | 兩側對稱 |
| Biopsy | 活組織檢查 / 活檢 |
| Blood clotting | 凝血作用 |
| Blood doping | 血液附加注射 / 自我輸血法 / 自體輸血法 |
| Blood flow | 血流 |
| Blood glucose | 血糖 |
| Blood lipid | 血脂 |
| Blood pH | 血液酸鹼度 |

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|----------------------|-------------|
| Blood pressure | 血壓 |
| Blood pressure cuff | 血壓帶 |
| Blood type | 血型 |
| Blood vessel | 血管 |
| Blood viscosity | 血液黏帶性 |
| Body build index | 體格指數 |
| Body composition | 身體成份 / 身體組成 |
| Body density | 身體密度 |
| Body fluid | 體液 |
| Body type | 體型 |
| Body weight | 體重 |
| Bone age | 骨骼年齡 |
| Braces | 支架 |
| Brachialis | 肱肌 |
| Bain | 大腦 |
| Bronchial asthma | 支氣管哮喘 |
| Bronchiole | 小支氣管 |
| Bronchus | 支氣管 |
| Bruising | 瘀傷 |
| Byrsae | 滑囊 |
| Caffeine | 咖啡因 |
| Calisthenic exercise | 徒手運動 |
| Calisthenics | 徒手操 |
| Callus | 皮膚增厚 / 胼胝 |
| Caloric requirement | 卡路里需要量 |
| Calorie | 卡路里 / 熱能單位 |
| Calorimetry | 熱量測定法 |
| Capillary | 微血管 |
| Capsule | 關節囊 |
| Carbohydrate | 碳水化合物 / 醣 |
| Carbon dioxide | 二氧化碳 |
| Cardiac cycle | 心動週期 |
| Cardiac arrhythmia | 心律不齊 |
| Cardiac hypertrophy | 心肌肥大 |
| Cardiac infarction | 心肌梗塞 |
| Cardiac output | 心輸出量 |
| Cardiac reserve | 心儲備量 |

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|--------------------------|-------------|
| Cardiac rupture | 心肌破裂 |
| Cardiorespiratory | 心肺的 |
| Cardiovascular system | 心血管系統 |
| Carotid artery | 頸動脈 |
| Cartilage | 軟骨 |
| Catabolism | 分解代謝 |
| Catalyst | 催化劑 |
| Cell membrane | 細胞膜 |
| Cellular | 細胞的 |
| Central nervous system | 中樞神經系統 |
| Centrifugal force | 離心力 |
| Centripetal force | 向心力 |
| Cerebellum | 小腦 |
| Cerebral cortex | 大腦皮層 |
| Cerebral motor cortex | 大腦運動皮質 |
| Chest circumference | 胸圍 |
| Child psychology | 兒童心理學 |
| Childhood | 兒童期 |
| Chinning | 引體向上 |
| Cholesterol | 膽固醇 |
| Chromosome | 染色體 |
| Chronic | 慢性的 / 長期性的 |
| Chronological age | 時間年齡 |
| Circuit training | 巡迴訓練 / 循環訓練 |
| Circulation | 循環 |
| Clotting | 凝血 |
| Co-ordination | 協調 |
| Collapse | 虛脫 |
| Collision | 碰撞 |
| Comatose | 不省人事 / 昏迷 |
| Complication | 併發症 |
| Concentric contraction | 向心收縮 |
| Conduction | 傳導 |
| Congenital defect | 先天缺陷 |
| Congenital heart disease | 先天性心臟病 |
| Connective tissue | 結締組織 |
| Consciousness | 意識 / 知覺 |

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|-----------------------------------|------------|
| Constipation | 便秘 |
| Contract | 收縮 |
| Contusion | 撞傷 |
| Convection | 對流 |
| Convulsion | 全身痙攣 |
| Coronary artery | 冠狀動脈 |
| Coronary heart disease | 冠心病 |
| Correlation and regression method | 相關迴歸法 |
| Correlation coefficient | 相關系數 |
| Counseling | 勸告 / 輔導 |
| Coupled reaction | 偶聯反應 |
| Cramp | 痙攣 |
| Creatine | 肌酸 |
| Creatine phosphate (CP) | 肌磷酸 / 磷酸肌酸 |
| Cross-bridges | 橫橋 |
| Cyanosis | 發紺 |
| Cytoplasm | 細胞質 |
| Damage | 受損 |
| Data | 數據 |
| Dead lift | 蹲舉 |
| Dead space | 無效腔 / 死腔 |
| Defects of vertebral column | 脊柱彎曲異常 |
| Deficient anemia | 營養不良性貧血 |
| Deformities | 變形 |
| Deformity of spinal column | 脊柱彎曲異常 |
| Dehydration | 脫水 |
| Deltoid | 三角肌 |
| Deoxygenated blood | 去氧血液 |
| Deposits | 積聚物 |
| Depression | 抑鬱 |
| Diabetes | 糖尿病 / 糖尿症 |
| Diagnosis | 診斷 |
| Diaphragm | 橫隔膜 |
| Diastole | 心舒 |
| Diastolic pressure | 心舒壓 |
| Diet | 飲食 |
| Dietary health habit | 飲食衛生習慣 |

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|---|---------------|
| Diffusion | 擴散作用 / 彌散 |
| Digestion | 消化 |
| Dilution | 稀釋作用 |
| Dip on paralld bars | 雙槓臂屈伸 |
| Dislocation | 脫臼 |
| Dissociation curve | 離解曲線 |
| Dissociation of oxygen from haemoglobin | 氧從血紅素中離解 |
| Distributed practice | 分散法練習 |
| Dizziness | 暈眩 |
| Doping | 服用藥物 |
| Douglas bag | 道格拉斯氣體收集袋 |
| Down's syndrome | 唐氏綜合症狀 |
| Drug abuse | 藥物濫用 |
| Dry-bulb temperature | 乾泡濕度 |
| Dumbbell | 啞鈴 |
| Dumbbell lateral raise | 啞鈴側平舉 |
| Dumbbell squat | 持重蹲屈跳 / 負重蹲屈跳 |
| Duration | 期間 |
| Duration of training | 訓練期 |
| Dynamic contraction | 動力收縮 |
| Dynamics | 動力學 |
| Dynamometer | 肋力計 |
| Dysmenorrhea | 經痛 |
| Dysplastic type | 畸型 |
| Dyspnea (breathlessness) | 呼吸困難 |
| Dystrophy | 營養不良 |
| Eccentric contraction | 偏心收縮 / 離心收縮 |
| Ectoderm | 外胚層 |
| Ectomorphy | 瘦長型 |
| Effector system | 效果器系統 |
| Efferent | 離中 |
| Efferent nerve | 傳出神經 |
| Efficiency | 效率 |
| Elasticity | 彈性 |
| Electrocardiogram (ECG) | 心電圖 |
| Electrolytes | 電解液 / 電解質 |
| Electromechanical instrument | 機電儀器 |

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| Electromyography (EMG) | 肌電圖 |
| Emergency care | 急救護理 |
| Emphysema | 肺氣腫 |
| Endocrine gland | 內分泌腺 |
| Endocrine system | 內分泌系統 |
| Endoderm | 內胚層 |
| Endomorphy | 肥胖型 |
| Endomysium | 纖維內鞘 |
| Endurance | 耐力 |
| Endurance training | 耐力訓練 |
| Energy | 能量 / 熱量 |
| Energy balance | 能量平衡 / 熱量平衡 |
| Energy expenditure | 能量消耗 |
| Energy liberation | 能量釋放 |
| Energy metabolism | 能量代謝 |
| Energy system | 能量系統 |
| Energy yield | 能量釋放 |
| Enzyme | 酵素 |
| Epidemiology | 流行病學 |
| Epilepsy | 羊癇症 |
| Epimysium | 肌外膜 |
| Epinephrine | 腎上腺素 |
| Epiphysis | 骺 |
| Ergogenic aid | 官能輔助劑 |
| Ergograph | 肌動力描記器 |
| Ergometer | 肌動力計 / 測功儀 |
| Estrogen | 雌激素 |
| Evaluation | 評價 |
| Evaporation | 蒸發作用 |
| Excitation | 興奮作用 |
| Excretory system | 排泄系統 |
| Exercise physiology | 運動生理 |
| Exergonic reaction | 釋能反應 |
| Exhale | 呼氣 |
| Exhaustion | 力竭 / 衰竭 |
| Expand | 擴張 |
| Explosive power | 瞬發力 / 爆發力 |

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|----------------------|-------------|
| Exposure | 曝傷 |
| Extension | 伸展 |
| Extensor | 伸肌 |
| Extensor thrust | 伸肌推力 |
| Extracellular fluid | 細胞外液 |
| Extrafusal fiber | 梭外纖維 |
| Extrinsic factors | 外在因素 |
| Extrovert | 外向性格 |
| Fartlek training | 法特萊克訓練 |
| Fasciculus | 肌束 |
| Fassia | 腱膜 |
| Fast twitch muscle | 收縮快的肌肉 |
| Fast-twitch fiber | 快肌纖維 |
| Fat tissue | 脂肪組織 |
| Fat-free weight | 去脂體重 |
| Fatigue | 疲勞 |
| Fatigue resistant | 耐疲勞 |
| Feed back | 回饋 |
| Fiber splitting | 纖維劈裂 |
| Filament | 絲 / 纖細絲 |
| Fine motor skill | 小肌肉運動技能 |
| Fist | 拳頭 |
| Flat foot | 扁平足 |
| Flex arm hang | 曲臂懸垂 / 屈臂懸垂 |
| Flexibility | 柔軟度 / 柔韌性 |
| Flexion | 屈曲 |
| Flexor | 屈肌 |
| Fluid balance | 液體平均 |
| Food stuff | 食物 |
| Foot arch | 腳弓 |
| Force expiratory | 用力呼氣容積 |
| Force platform | 力板 / 測力踏跳台 |
| Force-velocity curve | 速度 - 力量曲綫 |
| Fracture | 骨折 |
| Fragile | 虛弱 |
| Free fatty acid | 自由脂肪酸 |
| Frequency | 頻次 |

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|---------------------------------------|---------------------|
| Frequency of training | 訓練頻率 |
| Fulcrum | 支點 |
| Gamma loop (gamma system) | 伽馬環路 (γ 系統) |
| Gas analyzer | 氣體分析器 |
| Gas collection apparatus | 氣體收集儀器 |
| Gasometer | 氣體計 |
| Gastrocnemius | 腓腸肌 |
| Genetic factor | 遺傳因素 |
| Gland | 腺 |
| Glottis | 喉門 |
| Glucose | 葡萄糖 |
| Gluteus maximus | 股大肌 |
| Glycerol | 甘油 |
| Glycogen | 肝糖 / 糖元 |
| Glycogen loading (super compensation) | 糖元超量補償 |
| Glycogenolyses | 醣分解 |
| Glycolysis | 醣酵解 |
| Goggles | 護目鏡 |
| Golgi tendon organ | 高爾基氏肌腱器官 / 高爾基氏腱感受器 |
| Grip strength | 握力 |
| Growth curve | 生長曲綫 |
| Growth hormone (GH) | 生長激素 |
| H zone | H 區 |
| Habitus index | 體型指數 |
| Haemoglobin (hemoglobin) | 血紅素 / 血紅蛋白 |
| Haemophilia | 血友病 |
| Half squat with barbell | 持槓鈴半蹲 |
| Hamstring | 大腿後肌 |
| Hand grip dynamometer | 手握力計 |
| Healing | 癒合 |
| Heart rate | 心率 |
| Heart sound | 心音 |
| Heart volume | 心臟容積 |
| Heat balance | 熱量平衡 |
| Heat cramp | 熱痙攣 |
| Heat exhaustion | 熱衰竭 |
| Heat stroke | 中暑 |

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|-------------------------|--------------------|
| Heat syncope | 熱暈厥 |
| Heel raise with barbell | 槓鈴舉踵 |
| Height | 身高 |
| Height-weight chart | 身高體重表 |
| Hereditary disorder | 遺傳障礙 |
| Heredity | 遺傳 |
| High arch | 拱形足 |
| High energy bonds | 高能結合 / 高能鍵 |
| Homogeneous | 同原的 / 同一家族的 |
| Hormone | 激素 / 荷爾蒙 |
| Humerus | 肱骨 |
| Humidity | 濕度 |
| Hydrogen ion | 氫離子 |
| Hyperextension | 俯臥舉體 / 向後伸展 |
| Hyperglycemia | 血糖過高 |
| Hyperpnea | 呼吸過度 / 呼吸增強 |
| Hypertension | 高血壓 |
| Hypertrophy | 增大 / 發達 |
| Hyperventilation | 換氣頻繁 / 過度換氣 / 過度通氣 |
| Hypoglycemia | 血糖缺乏 / 低血糖 |
| Hypothermia | 曝寒 |
| Hypoxia | 缺氧 |
| I band | I 帶 |
| Immediate care | 即時護理 |
| Immobilisation | 固定 |
| Immunity | 免疫力 |
| Immunization | 免疫 |
| Impairment | 損害 |
| Inco-ordination | 不協調 |
| Indicator | 指標 |
| Infection | 感染 |
| Infertility | 不育症 |
| Inflammation | 發炎 |
| Ingredient | 成份 |
| Inorganic substance | 無機物 |
| Insertion of muscle | 肌肉附於活動骨之部分 |
| Inspiratory capacity | 吸氣量 |

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|-------------------------|---------------|
| Instability | 不穩定 |
| Intensity | 強度 |
| Intensity of training | 訓練強度 |
| Interval training | 間歇訓練 |
| Interior | 在內的 |
| Interstitial fluid | 間液 / 間質性液體 |
| Intracellular fluid | 細胞內液 |
| Intrinsic factors | 內在因素 |
| Introvert | 性格內向的人 |
| Involuntary | 不隨意肌 |
| Iron-deficient anemia | 缺鐵性貧血 |
| Ischemic | 缺血 |
| Isokinetic contraction | 等動收縮 |
| Isokinetic training | 等動訓練 |
| Isometric contraction | 等長收縮 |
| Isometric training | 等長訓練 / 靜性肌力訓練 |
| Isotonic contraction | 等張收縮 |
| Isotonic training | 等張訓練 |
| Jogging | 緩步跑 |
| Joint | 關節 |
| Joint laxity | 關節鬆脫 |
| Jumper's knee | 跳躍膝 |
| Kidney | 腎臟 |
| Kilocalorie | 千卡 |
| Kinesthetic sense | 運動感覺 / 動感 |
| Kinetic energy | 動能 |
| Knee jerk | 膝反射 |
| Lactate | 乳酸鹽 |
| Lactic acid | 乳酸 |
| Lactic acid oxygen debt | 乳酸性氧債 |
| Lateral curvature | 脊柱側凸 |
| Latissimus dorsi | 背闊肌 |
| Laxity | 鬆弛 |
| Lean body mass (LBM) | 瘦體重 / 除脂肪後的體重 |
| Leg extension | 坐伸膝 |
| Leg raise | 舉腿 / 腿提升 |
| Ligament | 韌帶 |

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|--|---------------|
| Lipid | 脂肪 |
| Liver | 肝 |
| Local | 局部的 |
| Local swelling | 局部紅腫 / 患處紅腫 |
| Locomotive organ | 運動器官 |
| Locomotor system | 運動系統 |
| Long slow distance training (LSD) | 長距離慢跑訓練 |
| Longevity | 長壽 |
| Longitudinal section | 縱斷面 |
| Longitudinal study | 縱向研究 |
| Lumbosacral | 腰椎骨 |
| Lunbrication | 潤滑劑 |
| Lung capacity | 肺容積 |
| Lymphatic system | 淋巴系統 |
| Maladjustment | 適應不良 |
| Malalignment | 不正常的身體曲綫 |
| Malfunction | 功能失常 |
| Mass practice | 集中練習 |
| Maturity | 成熟 |
| Maximal oxygen consumption (maximal oxygen uptake) | 最大耗氣量 / 最高攝氧量 |
| Maximal voluntary ventilation | 最大志願道氣量 |
| Maximum exertion | 最大努力 / 最大發力量 |
| Measurement | 測量 / 量度 |
| Mechanical efficiency | 機械效率 |
| Mechanical work | 機械功 |
| Medulla | 髓質 |
| Membrane | 薄膜 |
| Meniscus | 半月板 |
| Menstruation | 月經 |
| Mantal age | 智力年齡 |
| Mental deficiency | 心理缺陷 |
| Mantal health | 心理健康 |
| Mantal practice | 心智練習 |
| Mental stress | 心理壓力 |
| Metabolic banlence | 代謝平衡 |
| Metrbolic fuel | 能量物質 |

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|-----------------------|---------------|
| Metabolic product | 代謝產物 |
| Metabolic rate | 代謝率 |
| Metabolism | 代謝 |
| Metronome | 節拍器 |
| Mineral | 礦物質 |
| Mitochondria | 粒腺體 |
| Mixed diet | 混合性膳食 |
| Mobility | 靈活性 |
| Mode of training | 訓練模式 |
| Mole | 克分子 / 物質克分子量 |
| Momentum | 動量 |
| Monogram | 標準量表 |
| Moral development | 德育發展 |
| Motivation | 動機 / 促動 |
| Motoneuron | 運動神經原 / 運動神經元 |
| Motor cortex | 皮層運動區 |
| Motor end plate | 運動終板 |
| Motor nerve fibre | 運動神經纖維 |
| Motor skill | 運動技巧 |
| Motor unit | 運動單元 / 運動單位 |
| Mouthpiece | 口罩 |
| Muscle co-ordination | 肌肉協調 |
| Muscle endurance | 肌肉耐力 |
| Muscle group | 肌群 |
| Muscle spindle | 肌梭 |
| Muscle strength | 肌力 |
| Muscle tension | 肌肉張力 |
| Muscle tissue | 肌肉纖維 |
| Muscle tone | 肌肉彈性 |
| Muscle-bound | 肌肉僵硬 |
| Muscular fitness | 肌肉功能 |
| Muscular dystrophy | 肌肉萎縮 |
| Muscular endurance | 肌耐力 |
| Muscular movement | 肌肉活動 |
| Muscular strength | 肌力 |
| Muscular tension | 肌肉張力 |
| Musculotendinous unit | 肌與腱的單位 |

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|--------------------------------|------------------|
| Myocardial | 心肌的 |
| Myocardium | 心肌 |
| Myofibril | 肌原纖維 |
| Myoglobin | 肌紅素 / 肌紅蛋白 |
| Myograph | 肌動描記器 |
| Myosin | 球蛋白 |
| Nausea | 作嘔 |
| Needle biopsy technique | 針刺活動檢驗法技術 |
| Nerve axon | 神經軸突 |
| Nerve ending | 神經末梢 |
| Nerve fibre | 神經纖維 |
| Nerve impulse | 神經衝動 |
| Neuromuscular | 神經肌肉 |
| Neuron | 神經元 |
| Nitrogen | 氮 |
| Nitrogen balance | 氮平衡 |
| Normal curve | 常態分佈曲綫 |
| Normal load | 正常負荷 |
| Nose clip | 鼻夾 |
| Nucleus | 細胞核 |
| Nutrients | 養料 |
| Nutritional anemia | 營養不良性貧血 |
| Nutritional deficiency | 營養缺陷 |
| Nutritional status | 營養狀況 |
| Obesity | 肥胖症 |
| Obstacle training | 障礙訓練法 |
| Open circuit measurement | 與空氣連接的測量法 / 斷路測量 |
| Optimal speed | 最適宜速度 |
| Ptitis media | 中耳炎 |
| Over-exertion / overstretching | 過度伸展 |
| Overload | 超負荷 |
| Overload principle | 超負荷原則 |
| Overuse | 過勞 |
| Overuse injuries | 勞損 / 過勞創傷 |
| Overweight | 過重 / 超重 |
| Oxidation | 氧化作用 |
| Oxygen | 氧 |

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|--------------------------|------------|
| Oxygen consumption | 耗氧量 |
| Oxygen debt | 氧債 |
| Oxygen deficit | 欠氧 |
| Oxygen uptake | 氧氣攝取量 |
| Oxygenated blood | 帶氧血液 |
| Oxygenation | 氧合作用 |
| Pacing machine | 步調機 |
| Pain | 痛楚 |
| Pallor | 蒼白 |
| Palpation | 按壓 / 按診 |
| Partial pressure | 分壓 |
| Passive stretching | 被動性伸展 |
| Pectoralis major | 胸大肌 |
| Pectorals | 胸肌 |
| Pediatrician | 兒科醫生 |
| Pelvis | 骨盆 |
| Perceptual development | 知覺及理解之發展過程 |
| Pericardium | 心包膜 |
| Perimysium | 肌束膜 / 肌束衣 |
| Peripheral | 末梢的 / 周圍的 |
| Perspiration | 流汗 |
| Phosphagen | 磷肌酸 |
| Phosphate | 磷酸鹽 |
| Phosphocreatine | 磷酸肌酸 |
| Physical work load | 身體工作負荷 |
| Physical efficiency test | 身體效率測驗 |
| Physical examination | 體格檢查 |
| Physical fitness test | 體能測驗 |
| Physical work capacity | 身體負荷能力 |
| Physiological curve | 生理曲線 |
| Physiological fitness | 生理適應能力 |
| Physiological limit | 生理極限 |
| Physiotherapist | 物理治療員 |
| Physique | 體格 |
| Plasma | 血漿 / 原生質 |
| Plasma protein | 血漿蛋白 |
| Plateau | 高台值 |

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|--------------------------------|------------|
| Platelet | 血小板 |
| Pneumonia | 肺炎 |
| Pneumotaxic centre | 呼吸調節中樞 |
| Polyunsaturated fat | 多元不飽和脂肪 |
| Postyre | 姿勢 |
| Posture tone | 姿勢張力 |
| Potassium | 鉀 |
| Power | 爆發力 / 瞬發力 |
| Power clean | 挺舉 |
| Power output | 功率輸出 |
| Preliminary test | 初步測驗 / 試測 |
| Premotor area | 運動前區 |
| Prepuberal phase | 青春前期 |
| Prescription | 處方 |
| Press-up | 掌上壓 |
| Pressure cuff | 壓力帶 |
| Primary motor area | 主要運動區 |
| Progression principle | 漸進原則 |
| Prolong | 延長 |
| Proprioceptor | 本體感受器 |
| Protective device | 保護裝備 |
| Protein | 蛋白質 |
| Protoplasm | 原生質 |
| Psoas major | 腰大肌 |
| Psychic stress | 心理干擾 |
| Psychological limit | 心理極限 |
| Psychological needs and drives | 心理上的需要和驅使 |
| Psychology | 心理學 |
| Psychomotor test | 心智運動測驗 |
| Puberty | 青春期 |
| Pull over | 過頭舉 / 拉舉過頂 |
| Pull-up | 引體向上 |
| Pulmonary artery | 肺動脈 |
| Pulmonary circulation | 肺循環 |
| Pulmonary ventilation | 肺通氣 |
| Pulse rate | 脈率 / 脈搏 |
| Pyruvic acid | 葡萄酸 / 丙酮酸 |

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|-------------------------|-----------------------|
| Quadratus lumborum | 腰方肌 |
| Quadriceps | 四頭肌 |
| Quadriceps femoris | 股四頭肌 |
| Radiation | 熱輻射 |
| Radius | 橈骨 |
| Receptor | 感受器 |
| Reciprocation | 交互作用 / 相反作用 |
| Recovery period | 休息期 / 恢復期 / 復原期 / 還原期 |
| Rectal temperature | 直腸溫度 / 肛溫 |
| Rectus femoris | 股直肌 |
| Red blood cell | 紅細胞 / 紅血球 |
| Red muscle | 紅肌 |
| Reflex arc | 反射弧 |
| Regression line | 迴歸線 |
| Regulation | 調節 |
| Relative humidity | 相對濕度 |
| Reminiscence | 回憶效果 |
| Repeated training | 重覆訓練 |
| Repetition | 重覆 / 重覆次數 |
| Repetition maximum (RM) | 極限次數 / 最大負荷 |
| Residual volume | 餘容積 / 餘氣容量 |
| Residual pain | 餘痛 |
| Resistance training | 阻力訓練 |
| Respiratory centre | 呼吸中樞 |
| Respiratory frequency | 呼吸頻率 |
| Respiratory muscle | 呼吸肌 |
| Respiratory quotient | 呼吸商 |
| Respiratory system | 呼吸系統 |
| Respiratory volume | 呼吸容積 |
| Resuscitation | 復甦 |
| Retention | 記憶 |
| Reversibility principle | 還原原則 |
| Risk | 危險 |
| Rope climbing | 爬繩 |
| Rope skipping | 跳繩 |
| Round shoulder | 圓肩 |
| Rupture | 撕裂 / 破裂 |

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|--------------------------------|-----------------|
| Saltatory conduction | 跳躍傳導 |
| Sanitation | 衛生設備 |
| Sarcolemma | 肌纖維膜 / 肌膜 |
| Sarcomere | 肌節 |
| Sarcoplasm | 肌漿 |
| Sartorius | 縫匠肌 |
| Saturation | 飽和 |
| Scanty | 稀疏的 |
| Score card | 紀錄咭 |
| Screening | 甄別 |
| Second wind | 第二次呼吸 / 再生力 |
| Sedentary work | 以坐為主的工作 |
| Self-esteem | 自尊 |
| Sensory centre | 感覺中樞 |
| Serum | 血清 |
| Set | 循環組合 |
| Sheath | 鞘 |
| Shin | 脛 |
| Shiver | 抖顫 |
| Shock | 休克 |
| Shorten | 縮短 |
| Shuttle run | 來回跑 / 往返跑 / 穿梭跑 |
| Side bends | 槓鈴側彎腰 |
| Sign | 病徵 |
| Sino-auricular node (S-A node) | 竇耳結 |
| Sit and reach | 坐地體前伸 |
| Sit-ups with knee flexed | 屈腿仰臥起坐 / 屈膝仰臥起坐 |
| Skeletal age | 骨骼年齡 |
| Skeletal muscle | 骨骼肌 |
| Skinfold caliper | 皮下脂助量度器 / 皮摺計 |
| Sliding filament theory | 滑動學說 |
| Slimming exercise | 使身裁苗條之運動 |
| Slow twitch muscle | 收縮慢的肌肉 |
| Slow-twitch fibre | 慢肌纖維 |
| Smooth muscle | 平滑肌 |
| Sodium | 鈉 |
| Sodium ions | 鈉離子 |

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| Soft tissue | 軟組織 |
| Sole | 腳底 / 鞋底 |
| Somatotype | 體型 |
| Sore muscle | 肌肉酸痛 |
| Spasm | 痙攣 |
| Specificity of training | 獨特性原則 |
| Sphygomenometer (blood pressure meter) | 血壓計 |
| Spinal cord | 脊髓 |
| Spinal curvature | 脊柱彎曲 |
| Spirometer | 呼吸計 / 肺量測定器 |
| Sports injury | 運動創傷 |
| Sprain | 扭傷 |
| Squat jumps | 屈膝蹲跳 |
| Squat thrust | 俯臥撐腿屈伸 / 俯臥撐屈伸腿跳 |
| Squeeze | 擠壓 |
| Staleness | 訓練過度 |
| Standard temperature and pressure dry (STPD) | 絕對濕度 / 氣壓和乾燥之況 |
| Standing press | 站立推舉 / 立推舉 |
| Static contraction | 靜止收縮 |
| Static exercise | 靜止運動 |
| Static posture | 靜姿 |
| Steady state | 穩定狀態 |
| Step test | 台階測驗 / 登台測驗 |
| Sternum | 胸骨 |
| Steroids | 類固醇 |
| Stethoscope | 聽診器 |
| Stimulus-response | 刺激與反應 |
| Stitch | 刺痛 |
| Strain | 拉傷 |
| Strength training | 力量訓練 |
| Strenuous activity | 劇烈活動 |
| Stress | 緊張 / 壓力 |
| Stress test | 極大運動量測驗 / 壓力測驗 |
| Stretch receptor | 牽張感受器 |
| Stretch reflex | 伸展反射 |
| Stretching | 伸展 |

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| Stretching exercise | 伸展練習 / 伸展運動 / 舒展活動 |
| Striated muscle | 橫紋肌 |
| Stroke volume | 心縮排血量 / 每跳輸出量 |
| Subacute | 亞急性 |
| Subconscious | 下意識 |
| Subcutaneous fat | 皮下脂肪 |
| Submaximal test | 次於最大負荷之測 / 極級下的測驗 |
| Subscapula | 肩胛骨 |
| Suprailiac | 肱三頭肌 |
| Swelling | 腫脹 |
| Symptom | 病徵 / 症狀 |
| Synapse | 包突纏絡 / 神經鍵 |
| Synthesize | 合成 |
| Systole | 心縮 |
| Systolic pressure | 心縮壓 |
| Taping | 保護性包紮 |
| Target heart rate(THR) | 訓練時要求達致的心跳率 / 目標心跳率 |
| Tearing | 撕裂 |
| Tendon | 肌腱 |
| Temperament | 氣質 / 性情 |
| Temperature | 溫度 / 體溫 |
| Temperature regulation | 體溫調節 |
| Tendency | 傾向 / 趨勢 |
| Tennis elbow | 網球肘 |
| Tensionmeter | 張力計 |
| Test battery | 包含幾個項目的測驗 / 成套測驗 |
| Tetanus | 強直收縮 |
| Thalassemia | 地中海盆血病 |
| Thermometer | 溫度計 |
| Thigh | 大腿 |
| Thorax | 胸腔 |
| Thrombocytopenic purpura | 血小板減少性紫癍病 |
| Thyroid gland | 甲狀腺 |
| Tidal volume | 潮氣容量 / 潮氣量 |
| Timer | 計時器 |
| Tissue | 組織 |

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|-----------------------|--------------------|
| Torque | 扭力 |
| Total lung volume | 肺總容量 |
| Touch receptor | 觸覺感受器 |
| Toxic | 有毒的 |
| Trachea | 氣管 |
| Training effect | 訓練的影響 / 訓練效果 |
| Training method | 訓練法 |
| Training principle | 訓練原則 |
| Training programme | 訓練計劃 |
| Transfer | 遷移 |
| Transmitter substance | 遞質 |
| Trapezius | 斜方肌 |
| Treadmill | 跑步器 / 轉輪測跑器 / 電動跑道 |
| Triceps brachii | 肱三頭肌 |
| Triglyceride | 甘油三酸酯 |
| Trunk twist | 仰臥扭轉起坐 |
| Ulna | 尺骨 |
| Under load | 低負荷 |
| Under water weighing | 身體成份之水中測量法 |
| Undernutrition | 營養不足 |
| Urination | 排尿 |
| v-seat | V 字形仰臥起坐 |
| Valve | 瓣膜 |
| Varicose vein | 靜脈曲張 |
| Vascular tissue | 血管組織 |
| Vasodilation | 血管擴張 / 舒張血管作用 |
| Vegetarian | 素食者 |
| Vein | 靜脈 |
| Velocity | 速度 |
| Vena cave | 主靜脈 |
| Venous blood pool | 靜脈鬱血 |
| Venous return | 靜脈回流 |
| Ventilation | 通氣 |
| Ventricle | 心室 |
| Ventricular muscle | 心室肌 |
| Venules | 小靜脈 |
| Vertebra | 脊椎骨 |

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|----------------------|-------------|
| Vertebrate | 脊椎動物 |
| Vigor | 精力 / 活力 |
| Viscosity | 粘滯性 |
| Vision | 視覺 |
| Vital capacity | 肺活量 |
| Vitamin | 維生素 / 維他命 |
| Vomiting | 嘔吐 |
| Wall bar leg rais | 懸垂舉腿 |
| Warming up | 準備活動 / 暖身活動 |
| Water balance | 體內水平衡 |
| Water deficit | 缺水 |
| Watt | 瓦特 (功率單位) |
| Weight lifting | 舉重 |
| Weight training | 重量訓練 |
| Wet-bulb temperature | 濕泡溫度 / 濕球度 |
| White blood cell | 白血球 |
| White muscle | 白肌 |
| Will power | 意志力 |
| Work capacity | 工作能力 |
| Work done | 功完成量 |
| Work load | 負荷量 |
| Wrist rolling | 捲重錘 / 腕捲重錘 |
| Z line | Z 綫 |