

## Related concepts in physical and health education

Related concept	Definition
<b>Adaptation</b>	Adaptation is the adjustment or changing of a skill, technique, strategy, tactic, process or choice in order to enhance its suitability to meet the needs of a situation or application. Adaptation may need to occur as a result of: environmental influences, feedback (internal and external), player interactions, team interactions and the outcomes of choices.
<b>Balance</b>	Balance is a state of equilibrium between contrasting, opposing, or interacting factors. Balance can occur in many forms, such as the aesthetically pleasing integration of elements in movement routines, the team stability provided by the even distribution of player roles, as a means of judging and deciding upon lifestyle choices, or by placing equal importance on each dimension of health.
<b>Choice</b>	Choice involves making a decision between at least two alternatives, knowing that, in making a choice, we will have to go without the other(s). Choices should be made by evaluating the situation and considering the resources available. Depending on the situation some choices will need to be decided upon quickly; such as choices required during game play. Other choices allow for longer periods of consideration; such as choices made in relation to nutrition or fitness development.
<b>Energy</b>	Energy is a fundamental entity that is transferred between parts of a system in the production of change within the system. It is the capacity for doing work and as such the amount and form of energy an individual requires is dependent on the task(s) they are completing. The restoration of an individual's energy levels is determined by a variety of factors such as rest, nutritional intake and time. Energy levels influence all aspects of human life, from our ability to think and make effective choices, to our ability to be physically active.
<b>Environment</b>	Environment refers to the circumstances, objects, or conditions by which an individual is surrounded. The effective performance of techniques, skills, strategies and tactics are influenced by environmental factors. Performers must understand environmental influences in order to be successful. An environment does not have to be physical. The digital environment, especially social media, has a significant impact on personal, mental, emotional and social health.
<b>Function</b>	A function is the action or role that something is specifically designed for or used to do. Functions can be voluntary or involuntary. A function can be part of a group of related actions that contribute to a larger action, such as the function of the heart contributing to the overall health of the human body, or the function of a setter in a volleyball team who is responsible for orchestrating their team's offence. A variety of factors can influence the choice and effectiveness of specific functions.

Related concept	Definition
<b>Interaction</b>	An interaction is the result of two or more objects, groups or ideas affecting each other. Interactions can occur in a variety of forms, such as verbally, physically and digitally. Depending on their nature, successful interactions can contribute to improved personal, social and performance outcomes.
<b>Movement</b>	Movement refers to the types and ways in which objects move. Sporting movements are normally divided into two categories: offensive (attacking) and defensive; however, various degrees occur within these two categories. Movement can also occur in relation to thoughts and ideas, a type of movement that relies on people aligning their thinking with others in relation to a specific cause or ideal.
<b>Perspective</b>	Perspective enables the development of different interpretations, understandings and findings. Perspective can be gained through putting yourself in the place of others and striving to understand their opinions and disposition. People gain perspective by listening to others and considering the ways in which their points of view align or differ. Seeking and considering multiple perspectives is crucial to personal, mental and social health development, as well as to our ability to develop effective sporting techniques, tactics and strategies.
<b>Refinement</b>	Refinement is the process of modifying something to enhance its overall effectiveness. Refinement can occur in relation to personal behaviours, thought processes, techniques, tactics and strategies. Refinements are made based on internal and/or external feedback.
<b>Space</b>	Space refers to the physical dimensions of a playing or performance area (for example, a badminton court), the distance between people or objects (for example offensive and defensive lines in field sports), and the opportunity to experience something (for example, space to discover identity). Space can be created, adapted, determined, used, taken, won and lost; therefore “space” is rarely absolute.
<b>Systems</b>	Systems are sets of interacting or interdependent components that form an integrated whole. All individuals and communities rely on multiple systems working together to provide the structure and processes that they need in order to function effectively. Effective game play relies on participants’ understanding of multiple systems, including their components and interaction. Systems are often dynamic; they frequently need to be adapted to meet changing circumstances.