

# Unit 4

## Glossary

**Abrasions.** A part of the skin that has been lightly torn or scraped.

**Abuse.** Improper or excessive use or treatment.

**Acids.** Chemical compounds with a sour taste that react with base to form salt, have a pH value of less than 7, react with metals to form hydrogen gas, and have the capability to eat away or dissolve metals and other materials.

**Addiction.** Physically or psychologically dependent on a substance, habit, or behavior that can lead to health, social, or economic problems; dependence on a drug.

**Aerobic.** Allowing sufficient amounts of oxygen to be delivered to the muscles.

**Alcohol.** A beverage containing ethanol or ethyl alcohol that causes intoxication.

**Alkalis.** Any base, as soda, potash, and so on that is soluble in water, combines with fats to form soap, neutralizes acids, and forms salts with them.

**Allergic reaction.** A physical reaction, often marked by sneezing, breathing difficulties, itching, rash, or swelling, that some people have when they come in contact with certain substances.

**Amenorrhea.** An abnormal absence or suppression of the menstrual period.

**Amino acids.** The basic units of proteins produced by living cells or obtained as an essential component of a diet.

**Ampule.** A small, sealed glass container that holds one dose of a solution, usually a medicine, to be administered by injection.

**Amputation.** The removal of an external part of the body, most often a limb or part of it, when it has been severely crushed or following the death of an extremity due to impaired blood circulation.

**Anaerobic.** Working in the absence of adequate amounts of oxygen being delivered to the muscles.

**Anorexia nervosa.** An aversion to food syndrome; an eating disorder characterized by an extreme (prolonged) loss of appetite.

**Antivenin.** An antitoxin used to counteract venom.

**Anxiety.** Eager, often agitated desire: my anxiety is to make a good impression.

**Arteries.** Blood vessels that carry blood away from the heart all parts of the body.

**Automated external defibrillator (AED).** A device used to treat a patient with cardiac arrest whose heart is beating irregularly.

**Avulsion.** The tearing away of a body part accidentally or surgically.

**Basal metabolic rate (BMR).** The number of calories burned at complete rest; measurement of it indicates an individual's general metabolism or state of health.

**Bases.** Chemical compounds with a slippery or soapy feel that react with acids to form salt, have a pH value above 7, and are used as cleaning materials.

**Bivouac.** A temporary camp or shelter.

**Bulimia.** A disease (or eating disorder) with symptoms of a never-satisfied hunger.

**Cadet Challenge.** A physical fitness challenge that consists of five exercises taken from the Presidential Physical Fitness Award program.

**Calamine.** A pink powder consisting of zinc oxide and some ferric oxide used in lotions and ointments.

**Calisthenics.** Light gymnastic exercise designed to promote good health by developing strength and grace.

**Calories.** The amount of energy it takes to raise the temperature of one kilogram of water one degree Celsius; a measurement of energy.

**Carbohydrates.** One of the various neutral organic compounds composed of carbon, hydrogen, and oxygen (including starches and sugars) produced by green plants and used to provide energy necessary for growth and other functions.

**Cardiac arrest.** The sudden stoppage of the heart.

**Cardiopulmonary resuscitation (CPR).** An emergency method to keep blood and oxygen flowing through a person whose heart and breathing have stopped.

**Cardiorespiratory.** Of or relating to the heart and the respiratory system.

**Catastrophe.** A great and sudden misfortune.

**Caustic.** Capable of destroying or eating away by chemical action; corrosive.

**Chlorine.** A gaseous greenish-yellow element used as a bleach and disinfectant in water purification.

**Clammy.** Damp, soft, sticky, and unusually cool.

**Closed fracture.** A fracture in which the broken bone does not push through the skin's surface.

**Complex carbohydrates.** A carbohydrate that is formed by the body after the conversion of extra glucose; it supplies the body with long-term energy.

**Compresses.** Folded cloths or pads applied so as to press on a body part to stop bleeding or cool a burn.

**Consent.** To get approval for what is to be done or proposed by another.

**Controlled substance.** A substance whose manufacture, possession, or sale is controlled by the law.

**Curl-ups.** One of the five events on the Cadet Challenge and Presidential Physical Fitness test that consists of a sit up movement from a lying position up to the point where your elbows touch your thighs.

**Deficient.** Having too little of something, such as a nutrient in the body.

**Dehydration.** The condition that results when fluids are lost from the body and are not replaced; symptoms can include thirst, weakness, exhaustion, and confusion, and it may result in death.

**Dependency.** Addiction to a substance.

**Depressed.** Low spirits; sadness; dejection.

**Depression.** Psychiatric disorder characterized by an inability to concentrate, insomnia, loss of appetite, anhedonia, feelings of extreme sadness, guilt, helplessness and hopelessness, and thoughts of death.

**Detoxification program.** A type of program where drug users or addicts can get help withdrawing from substances.

**Diabetes.** A disease that causes too much blood sugar to build up in the body.

**Dilated.** Having been widened; expanded.

**Discoloration.** Altered or changed in color.

**Disinfect.** To destroy harmful germs; to purify.

**Dislocation.** The separation of a bone from its joint.

**Distilled.** Heated and condensed to purify, form a new substance, or concentrate.

**Diuretics.** A food, medicine, etc., that promotes or tends to increase the excretion of urine.

**Dressing.** Ointment and bandages applied to a wound.

**Drugs.** Chemicals that cause a change in a person's body or behavior.

**Dysentery.** Any of several intestinal disorders usually caused by infection and characterized by stomach pain and diarrhea with passage of mucous and blood.

**Electrolyte.** A substance that, when dissociated into ions in solution or fused, becomes electrically conducting.

**Elevated.** Raised up.

**Emergency Medical Service (EMS).** Medical professional dedicated to the reduction of morbidity and mortality of residents through the provision of advanced and basic life support care, medically directed rescue, and transportation of the ill and injured.

**Episodic.** Occurring, appearing, or changing at irregular intervals; incidental.

**Esophageal.** Of, or relating, to the esophagus (a muscular tube through which food passes from the mouth to the stomach).

**Essential fat.** Fat that the body needs in certain amounts to maintain bodily functions.

**Ethyl alcohol.** The type of alcohol found in beer, wine, and distilled spirits.

**Evaluate.** To determine if an act, process, or method has been attained; to assess; to determine the significance by careful appraisal and study.

**Fainting.** To lose consciousness briefly because of temporary decrease in the amount of blood that flows to the brain.

**Fat soluble vitamins.** A vitamin that is absorbed through the intestinal tract with the help of fats and is stored in the body.

**Fatigue.** Weakness or exhaustion due to hard work or mental effort

**Fats.** Nutrients made up of fatty acids that are insoluble in water and provide energy to the body.

**Ferment.** To produce a chemical change in a carbohydrate material resulting in alcohol.

**Fiber.** Coarse food made mostly of carbohydrates, such as bran or lettuce that serves to stimulate and aid the movement of food through the intestines.

**Fight or flight response.** An involuntary reaction to an immediate danger or threat, that prepares a person physically to either respond to the danger or run away.

**First aid.** The immediate care given to a victim of injury or sudden illness before professional medical help arrives.

**Flexed-arm hang.** An alternative event for the pull-up in the Cadet Challenge and Presidential Physical Fitness Test.

**Flush.** To cleanse or wash out with running water or another liquid.

**Frostbite.** An injury caused to body tissue by frost or extreme cold.

**Galvanized.** Coated with zinc.

**Gateway.** A term attached to alcohol and tobacco due to the fact that their use often leads to further drug abuse.

**Generalized.** Generally prevalent.

**Good Samaritan law.** A law enacted in most states that protects people from lawsuits if medical complications arise after they have administered first aid correctly.

**Hallucinogens.** Drugs that cause hallucinations.

**Heat cramps.** A condition that is marked by the sudden development of cramps in the skeletal muscles and that results from prolonged work in high temperatures accompanied by profuse perspiration with loss of sodium chloride from the body.

**Heat exhaustion.** A condition that occurs when a person is exposed to excessive heat over a period of time, caused by the loss of water and salt from the body through excessive perspiration.

**Heatstroke.** A life threatening condition caused by prolonged exposure to high heat.

**Heimlich maneuver.** An upward push to the abdomen given to clear the airway of a person with a complete airway obstruction; procedure used to expel an object lodged in the airway of a choking victim.

**Hemorrhage.** Heavy uncontrollable bleeding.

**Hygiene.** Practices or conditions that aid in good health; the science that deals with maintenance of good health and the prevention of infection and disease.

**Hypothermia.** Too little body heat with abnormally low internal body temperature.

**Incision.** A wound that is made by cutting into the body.

**Inhalants.** Medications or chemicals that are inhaled.

**Insulate.** To use materials to protect or isolate from the elements of weather.

**Intoxicated.** Drunk; affected by alcohol to the point that physical and mental control are significantly impaired.

**Iodine.** A nonmetallic element having important medical uses.

**Isokinetic.** Exercise in which muscles contract, but very little body movement takes place.

**Isometric.** Building muscle strength using resistance without joint movement.

**Isotonic.** Building muscle strength using resistance with joint movement.

**Laceration.** A wound that is torn and ragged.

**Lice.** Small, wingless, parasitic insects that live on warm-blooded animals, especially in hair, and suck the animal's blood.

**Ligament.** A fibrous band of tissue that holds bones together at a joint.

**Manic-depressive illness.** Bipolar disorder.

**Meditation.** A contemplative discourse, usually on a religious or philosophical subject.

**Metabolism.** The chemical process by which the body produces energy and maintains vital functions.

**Methadone.** Controlled substance that is used in heroin withdrawal; produces some effects similar to heroin but does not produce a "high."

**Migraines.** A severe recurring headache, usually affecting only one side of the head, characterized by sharp pain and often accompanied by nausea, vomiting, and visual disturbances.

**Minerals.** Natural chemical elements of the earth used by the body to supply necessary nutrition.

**Misuse.** The incorrect or improper use of a substance.

**Monounsaturated fats.** Oil or fat that is liquid at room temperature, is low in hydrogen, and can lower the level of blood cholesterol.

**Mottled.** Marked with irregular spots or splotches of different colors or shades of color.

**Narcotics.** A drug medically used to relieve pain, produce sleep, and dull the senses.

**Neutralize.** To counteract the activity or effect of; to make chemically neutral.

**Nicotine.** The drug in tobacco that may act as a stimulant and cause addiction.

**Normal.** According to a rule or standard pattern; regular; usual.

**Nutrients.** Substances found in food that nourish the body.

**Obesity.** Overweight to the point of injuring health.

**Open fracture.** A fracture in which the broken end of a bone pierces the skin.

**Osteoporosis.** A condition characterized by a calcium deficiency in the bone mass in which the body pulls calcium from the bones, causing them to lose their density and possibly leading to fractures.

**Personal hygiene.** An individual's practice of taking care of him or herself in order to maintain good health.

**Perspiring.** Giving off moisture through the pores of the skin.

**Polyunsaturated fats.** An oil of fatty acid containing more than one double or triple bond and is therefore cholesterol defensive.

**Precipitation.** Any form of water, such as rain, snow, sleet, or hail, that falls to the earth's surface.

**Presidential Physical Fitness Award.** An award earned by achieving a standard of 85 percent or higher on the Presidential Physical Fitness Test.

**Pressure bandage.** A snug bandage used to control bleeding.

**Pressure point.** A point on the body where a major artery lies near the skin surface and passes over a bone.

**Protein.** Nutrients that are made of amino acids and that maintain body tissues and supply energy to the body.

**Pull-ups.** One of the five events on the Cadet Challenge and Presidential Physical Fitness test that consists of pulling the body up from a dead weight hanging position on a bar to having the chin clear the bar.

**Purified.** Free from undesirable elements or impurities; cleaned.

**Rabies.** A viral disease affecting the central nervous system of mammals that is transmitted by a bite from an infected animal; it can result in paralysis and death if left untreated.

**Referenced Daily Intake (RDI).** Standards developed by the United States government for the regulation of vitamin and mineral requirements.

**Rescue breathing.** The act of forcing air into and out of the lungs of a person by another person.

**Sanitation.** The promotion of hygiene and prevention of disease by working to keep a clean and healthy environment.

**Saturated fats.** A fat that does not melt at room temperature and can raise the blood cholesterol level.

**Scalding.** The burning of the skin by a substance that is near boiling in temperature.

**Shuttle run.** One of the five events on the Cadet Challenge and Presidential Physical Fitness test that consists of a 30-foot shuttle run.

**Simple carbohydrates.** A sugar that is found in the body in its simple state and supplies the body with short-term energy.

**Smoldering.** Burning slowly without flame but often with much smoke.

**Solvents.** Liquid substances capable of dissolving or eliminating something unwanted.

**Splint.** To support and immobilize a body part with a stiff material.

**Sprain.** An injury caused by twisting a ligament or tendon around a joint.

**Stimulant.** A drink, drug, or other substance that speeds up the activity of the mind or body; a drug that speeds up the activities of the central nervous system, the heart, and other organs.

**Storage fat.** Fat that the body keeps in reserve and that can lead to overfat problems or obesity.

**Strain.** An injury caused when a muscle or tendon is over-stretched.

**Stress.** Strain or pressure on the body or mind.

**Stroke.** A reduction of blood flow to a part of the brain.

**Subcutaneous.** Beneath the top layer of skin.

**Substance.** Something, such as a drug or alcohol, deemed harmful and usually subject to legal restrictions.

**Superficial.** Not serious; on the surface; shallow.

**Systemic.** Affecting the body in general; acting throughout the body after absorption or ingestion.

**Tetanus (lockjaw).** An acute infectious disease caused by the poison of a certain bacterium that enters the body through a wound, resulting in muscle contractions, rigidity, and death; it is preventable by immunization.

**Therapeutic communities.** Usually a residential treatment center for drug abusers and addicts.

**Tobacco.** The leaves of cultivated tobacco plants, prepared for use in smoking, chewing, or as snuff.

**Tone.** A degree of tension or firmness, as of muscle.

**Trauma.** A behavioral state resulting from mental or emotional stress or physical injury that has a lasting effect on the mind; a physical wound or injury.

**Veins.** Blood vessels that carry blood from parts of the body to the heart.

**Venom.** A poison produced by animals such as snakes and spiders that is transmitted by a bite or sting.

**Ventilation.** Circulation of air; a system or means of providing fresh air.

**Visualization.** To make visible.

**Vitamins.** Nutrients that occur naturally in plant and animal tissue and are required for proper function of the body.

**V-sit reach.** One of the five events on the Cadet Challenge and Presidential Physical Fitness test that consists of stretching a number of inches past an established baseline.

**Water soluble vitamins.** A vitamin that is dissolved in the water of tissues.