

Chapter 6 Glossary Terms

anxiety—Feeling resulting from an inability to effectively respond to environmental demands.

biophysical approach—Method based on the premise that behavior is not merely environmental, but is often related to biological variables such as genetic abnormalities, neurological impairments, chemical imbalances, and diet.

Down syndrome—Congenital disorder caused by a chromosomal abnormality causing an intellectual disorder and physical conditions (e.g., short stature, broad facial features).

medication—Substance prescribed to treat a disease or to relieve pain.

music—Medium that may engage the entire brain to improve behavior and methods.

psychopharmacological medication—Substance used as a means to modify behaviors caused by deficiencies in the central nervous system.

relaxation training—Method used primarily to provide better concentration and relieve anxiety.

stress—Anxiety-inducing inability to effectively respond to environmental demands.

tension—Form of emotional worry often mental in origin but manifesting physically.

visual imagery—Relaxation training method often used for reducing stress and anxiety, increasing focus, and enhancing increased self-confidence.

yoga—Specific types of mental and physical exercises that support stretching, stress reduction, and relaxation.

1 From B.W. Lavay, R. French, and H.L. Henderson. 2016, *Positive behavior management in physical activity settings web resource*, 3rd ed. (Champaign, IL: Human Kinetics).