

*** Note: If anyone has clarifications or definitions better describing the words and phrases below, please share them and I will update this page! Email me at tony.holler@yahoo.com or text 630-849-8294.**

"Essentialism" - I believe this is in reference to the book by Greg McKeown. Essentialism is all about doing a few things well and eliminating the rest. (Great book!)

"Biomotor Abilities" - strength, endurance, speed, flexibility, and balance or coordination.

"Ergonomic Analysis" - the science of studying efficiency and comfort of people in the workplace

"SWOT Analysis" - acronym for *Strengths, Weaknesses, Opportunities, and Threats*.

"KPI" - this acronym was mentioned ten times in the podcast. KPI stands for key performance indicators.

"Hierarchy of KPIs" - the ranking of key performance indicators.

"Density Pattern" - referring to the frequency of working hard

"Metric Indicator" - metric is another name for measurement. Maybe a metric indicator would be something like the vertical jump. The vertical jump would be a "metric indicator" for speed. I could be wrong.

"File Systems" - no idea here. I believe the expert was referring to the accumulation of what generally works and what doesn't. I'm just guessing.

"Mental Resilience Skills" - skills that lead to mental toughness?

"Biomechanical" - running mechanics.

"Kinetics & Kinematics" - common buzzwords for experts. Kinetics is the study of forces that cause motion (torque, gravity, friction, etc.) and can be classified in two groups: linear and angular motion. Kinematics is the study of describing motion (displacement, time, velocity, etc.).

"Prioritize Deficiencies" - what do we correct first? What do we correct next?

"Rate of Force Development" - a measure of explosive strength; how fast can an athlete develop force. The acronym is **RFD**.

"J.B. Morin" - French researcher and speed expert. You might want to check out his [podcast](#) on Just Fly Sports.

"(Dr. Peter) Weyand" - SMU biomechanist and physiologist famous for his research on vertical force.

"Programming" - modern buzzword for practice planning.

"Biochemical" - chemistry of living things.

"Layering of KPIs" - smart people say "layering" a lot. I would think "layering" of KPIs would be similar to "hierarchy" of KPIs.

"Phenomena on a Spectral Basis" - this phrase baffles me. Spectral refers to ghostly, phantom, otherworldly, spooky. Did I not hear "spectral" correctly? Addendum ... Jeff White from Alton thinks this phrase may mean "something that is catching on with no explanation or reasoning". Makes sense.

"Negative Transfer" - behavioral psychology term that refers to previous knowledge interfering with new learning.

"Influence Your Model" - information that helps you to build or adapt your model.

"Technical Model" - system that allows for investigation of the properties of a system and the prediction of future outcomes. Models are used in quantitative, technical, and fundamental analysis.

"Landmark Positions" - I can only guess that landmark positions are the still-framed critical positions of a sprinter.

"Pathways May Have More Bandwidth" - bandwidth is the amount of data that can be transmitted in a fixed amount of time. It's my guess that **"pathways may have more bandwidth"** refers to the fact that sprinters are not exactly the same in their running mechanics and some variance is ok.

"Landmark Pathways" - observed running mechanics?

"Angulation of Movement" - angles of arms and legs when running.

"Faulty Joint Positions" - incorrect angles of arms and legs when running.

"Movement Solutions" - nearly meaningless. I guess this would refer to helping someone run faster by altering their mechanics.

"Commonality to Their Landmark Positions and Movement Paths" - similarity between the mechanics of good sprinters said in an overly complex way.

"Qualities and Metrics" - Qualities refer to observations, metrics refer to measurement (quantification).

"Detect and Note Differences from the Mean" - math speak for average is "mean". When looking at commonalities of great sprinters, we see the "mean". When we coach aspiring sprinters, we look for departures from the mean and give them "movement solutions".

"Litmus Test" - in chemistry, a litmus test will indicate acidity or alkalinity of a solution based on using a strip of litmus paper. In everyday speech, a litmus test is a *"decisively indicative test"*.

"Movement Aberration" - a movement that is a departure from normal, usual, or expected.

"Coax People to Move Closer to the Mean on the Movement Kinetics and Kinematics in Question" - Crazy complexity here. *We coach sprinters to adopt sprint mechanics of other good sprinters*. I hear sentences like this and want to scream "TALK NORMAL".

"Laws of Physics" - probably referring to gravity and inertia. Gravity is the overwhelming force that must be countered with a huge vertical force from a sprinter.

"Procedural Operation Methods" - I assume this refers to "standard operating procedure (SOP), step-by-step instructions to help workers carry out complex routine operations focused on quality, efficiency, and uniformity of performance. The common man's synonym for Procedural Operation Methods is "COACHING".

"Movement Signatures" - how someone moves. Just as an individual will have a handwritten "signature", their movement will also be unique.

"False Movement Signatures" - Does "false" mean "inefficient"?

"Consistent Data Production in a Balanced Format" - Maybe this is simply referring to data production (good thing) and collecting data in thoughtful ways that produce valuable feedback to the coach and athlete. If so, wonderful. Maybe my "Record, Rank, and Publish" is nothing more than **"consistent data production in a balanced format."**

"Interface With" - to develop an interaction with someone or something. I might discuss coaching over breakfast. Experts "interface with" people.

"Polemic Battles" - hostile attacks on ideas (by the way, this article is NOT a hostile attack on ideas, this article is a commentary on the complex sophistication of experts!).

"Motor Units" - one motor neuron and the skeletal muscle fibers innervated by that neuron's axonal terminals.

"Amortization Factors" - the accounting term "amortization" refers to the process of allocating the cost of an asset over time (or the repayment of loan principal over time). I had to do deep research to find the meaning of amortization in the context of training athletes. **There are three actions in explosive muscle movement: 1) concentric, 2) amortization (transfer), and 3) eccentric.**

"Hypothesis" - Hypothesis is the proposed explanation made on the basis of limited evidence as a starting point for further discussion. Coaching is based on limited anecdotal evidence. Anyone who believes in the "hard science" of training is misguided. We are all living in the hypothesis stage.

"Physiological or Cognitive Perceptual Skills" - I think there may be physiological *influences* on perceptual skills, but I don't think **physiological perception** exists. Cognitive perceptual skills would include the ability to solve problems and make correct decisions. Anticipation is a cognitive perceptual skill.

"Spectorial" - a person looks on or watches; onlooker, observer. The expert may have said "spectral" but that didn't make sense in context either.

"Hormone Influence" - hormones are chemicals that target distant organs to regulate physiology and behavior. Lots of experts speak of hormonal effects of training. The science is murky.

"Immune Axis" - I couldn't find this but I did find "neuro-immune **axis**" which is the interface of the nervous system and the immune system.

"Pressure on Thymus and Pituitary Adaptive Response" - the thymus is the primary lymphoid organ of the immune system, the home of T-cells. The pituitary is the pea-sized gland housed within a structure (the *sella turcica*) at the base of the brain. The pituitary controls most other endocrine glands and is sometimes called the "master gland". This guy is way over his skis here. Or has he outkicked his coverage?

"Biochemical Transfer Pathways" - I assume this is referring to the energy locked up in bonds of ATP. Glycolysis and Krebs's Cycle?

"Batteries and Pathways and Substrates" - tough to define this or understand the expert's intent here. Sometimes ATP is considered "the recharged battery"; ADP + P is considered the "substrate" and the whole process is considered the "metabolic pathway".

"Biochemical or Bioelectric or Fascial Training Implications" - training the chemistry of the body; training the neuromuscular system; and the attempt to improve the functional properties of the muscular connective tissue including the tendons, ligaments, joint capsules, and muscular envelopes.

"Ergonomic Analysis" - the science of studying efficiency and comfort of people in the workplace (the second mention of this topic).

"Layered Analysis" - a technique used in strategic planning to more effectively shape the future.

"Real World and Real Time" - "real world" refers to the opposite of abstract theoretical thinking; "real time" describes computer systems that update information at the same time they receive data.

"Frans Bosch Movement in the Weight Room" - Frans Bosch is a legendary motor learning and training theory scientist from the Netherlands and the author of "Strength Training and Coordination: An Integrative Approach". Chris Korfist has been highly influenced by Frans Bosch.

"Biomotor Realms" - I assume this refers to **biomotor abilities** which include strength, endurance, speed, flexibility, and balance or coordination.

"Fascial Gifting" - I have no idea what fascial *gifting* is but I know fascia. Fascia is the connective tissue of the body. Fascia is a trendy subject because fascia is critical to neuromuscular activity.

"Elastic Qualities" - an example of an elastic reflex is jumping. There is a strong elastic component to sprinting too. That's why jumping improves sprinting and vice-versa.

"Refractory Index" - refractory means stubborn or unmanageable. Maybe this is referring to **"refractive index"**, a physics term which is the ratio of the velocity of light in a vacuum to its velocity in a medium. Sorry, I'm no help here.

"Refractory Slope Index" - sorry, no clue. Nowhere on Google do these three words appear together in this order.

"Common Denominators" - A math term used when dealing with fractions. In everyday terms, common denominators are common threads; similar things from different entities.

"Commonality to Different Entities" - A more sophisticated way of saying common denominators.