

# RHESTR O DERMAU GLOSSARY OF TERMS

UNIT 6 BTEC SPORTS DEVELOPMENT L3  
UNED 6 DATBLYGIAD CHWARAEON BTEC  
L3

UNIT 6 PUBLIC SERVICES L3  
UNED 6 GWASANAETHAU CYHOEDDUS L3  
FITNESS TESTING & TRAINING FOR THE  
UNIFORMED PUBLIC SERVICES

PROFI AC HYFFORDDI FITRWYDD AR  
GYFER Y GWASANAETHAU CYHOEDDUS  
MEWN LIFRAI



## SPORTS DEVELOPMENT/DATBLYGIAD CHWARAEON

accurate	-	manwl gywir
active lifestyle	-	ffordd o fyw weithgar
activities	-	gweithgareddau
after-school	-	ar ôl yr ysgol
annual membership	-	aelodaeth flynyddol
assessment cycle	-	cylchred asesu
assignment	-	aseiniad
Athlete Mentor (s)	-	Mentor (-iaid) Athletwr
average	-	cyfartalog
barriers to participation	-	rhwystrau i gyfranogiad
belief	-	credo
benefit (s)	-	budd (-ion)
bespoke training	-	hyfforddiant pwrpasol
big difference	-	gwahaniaeth mawr
biomechanics	-	biomecaneg
Board of Directors	-	Bwrdd Cyfarwyddwyr
body issues	-	problemau corff
borough	-	bwrdeistref
cardio-vascular	-	cardiofasgwlaidd
certificate	-	tystysgrif
coaching standards	-	safonau hyfforddi
compulsory	-	gorfodol
connected	-	cysylltiol
continuous	-	parhaol
co-ordinator	-	cydlynnydd
core	-	craidd

criteria	-	meini prawf
crucial	-	hanfodol
cultural	-	diwylliannol
Curriculum for Excellence	-	Cwricwlwm ar gyfer Rhagoriaeth
customer needs	-	anghenion cwsmeriaid
customer service	-	gwasanaeth cwsmeriaid
customised action plan	-	cynllun gweithredu unigol
decision-making process	-	proses penderfynu
delivery	-	cyflwyniad
Disability Discrimination Act	-	Deddf Gwahaniaethu ar Sail Anabledd
disabled	-	anabl
diving	-	plymio
dominant	-	trechol
economic	-	economaidd
education provider (s)	-	darparwr/darparwyr addysg
educational	-	addysgol
elite level	-	lefel elitaidd
evaluation	-	gwerthusiad
event (s)	-	digwyddiad (-au)
evidence	-	tystiolaeth
Executive Management Team	-	Tîm Rheoli Gweithredol
expensive	-	drud
experience	-	profiad
experienced assessor	-	aseswr profiadol
external measurement schemes	-	cynlluniau mesur allanol
facilities	-	cyfleusterau
facility management	-	rheolaeth cyfleuster
female (s)	-	benyw (-od)

Fit for Girls	-	"Ffitrwydd i Ferched"
foundation	-	sylfaen
free swimming initiative	-	menter nofio am ddim
friendly	-	cyfeillgar
fundamentally	-	yn wreiddiol
funded by	-	ariannir gan
gender	-	cenedl
good practice	-	ymarfer da
habit (s)	-	arfer (arferion)
health	-	iechyd
healthy lifestyle	-	ffordd o fyw iachus
high-quality	-	ansawdd uchel
historical	-	hanesyddol
impact	-	effaith
improvement	-	gwelliant
in depth	-	mewn dyfnder, mewn manylder
increase in participation levels	-	cynydd mewn lefelau cyfranogiad
injury (-ies)	-	anafiad (-au)
investment	-	buddsoddiad
joint initiative	-	menter ar y cyd
kayak	-	caiac
key providers	-	darparwyr allweddol
kit	-	cit
lifeskills	-	sgiliau byw
membership costs	-	tâl aelodaeth
module	-	modiwl
national agency	-	asiantaeth genedlaethol
nationality	-	cenedligrwydd

opportunity (ies)	-	cyfle (cyfleoedd)
over-60s	-	dros 60 oed
peer group	-	cylch cyfoedion
percentage	-	canran
performance	-	perfformiaidd
personal development	-	datblygiad personol
philosophy	-	athroniaeth
physical appearance	-	ymddangosiad corfforol
physiology	-	ffisioleg
President	-	Llywydd
process	-	proses
psychology	-	seicoleg
quality	-	ansawdd
racism	-	hiliaeth
religion	-	crefydd
role model	-	delfryd ymddwyn
rules & regulations	-	rheolau a rheoliadau
scheme	-	cynllun
school holidays	-	gwyliau ysgol
School Sport Ambassador (s)	-	Llysgennad (Llysgenhadon) Chwaraeon Ysgol
Senior Leadership Team	-	Uwch Dîm Arwain
service	-	gwasanaeth
sexuality	-	rhywioldeb
social	-	cymdeithasol
sociology	-	cymdeithaseg
solid foundation	-	sylfaen solet
solution (s)	-	datrysiad (-au)
specialised support	-	cefnoogaeth arbenigol

Sports Coach UK	-	Hyffoddwr Chwaraeon DU
star (s)	-	seren (sêr)
stoke improvement sessions	-	sesiynau i wella ar ôl strôc
strengths & weaknesses	-	cryfderau a gwendidau
stress-reduction	-	lleihau straen
strong relationships	-	perthnasoedd cryf
structured	-	strwythuredig
success	-	llwyddiant
support & challenge	-	cefnogi a herio
talent	-	dawn
target groups	-	grwpiau targed
team sports	-	chwaraeon tîm
to advertise	-	hysbysebu
to champion	-	hyrwyddo
to communicate ideas	-	cyfathrebu syniadau
to evaluate	-	gwerthuso
to examine/explore	-	archwilio
to lose weight	-	colli pwysau
to measure	-	mesur
to promote	-	hybu
to recommend	-	argymell
to share	-	rhannu
to spark interest	-	ennyn diddordeb
to work together	-	gweithio gyda'i gilydd
transport	-	cludiant
V.A.T.	-	T.A.W. (Treth Ar Werth)
voluntary organisation	-	sefydliad gwirfoddol
water polo	-	polo dŵr

well-being	-	iechyd da
Youth Board	-	Bwrdd Ieuenctid
Youth Sport Trust	-	Ymddiriedolaeth Chwaraeon Ieuenctid

## **FITNESS TESTING & TRAINING FOR THE UNIFORMED PUBLIC SERVICES**

### **PROFI AC HYFFORDDI FITRWYDD AR GYFER Y GWASANAETHAU CYHOEDDUS**

#### **MEWN LIFRAI**

"Cops & Robbers" game	-	gêm "Heddlu a Lladron"
6-week plan	-	cynllun 6-wythnos
ability	-	gallu
active	-	gweithredol, actif
aerobic endurance	-	dygnwch aerobig
aerobic fitness	-	ffitrwydd aerobig
agility	-	ystwythder
anaerobic system	-	system anaerobig
ballistic training	-	hyfforddiant balistig
bobbing and bouncing	-	hercian a sboncio
building	-	adeilad
capable	-	galluog
cardiovascular	-	cardiofasgwlaidd
carrying heavy loads	-	cludo llwythi trwm
casualty evacuation	-	gwacáu anafedigion
claustrophobic tendencies	-	tueddiadau clawstoffsobig
community	-	cymuned
comparison of results	-	cymharu canlyniadau
complex	-	cymhleth
Components of Fitness	-	Elfennau Ffitrwydd
confidence	-	hyder

continuous training	-	hyfforddiant parhaus
co-ordination	-	cydsymud
cramp	-	cramp
crawl-way	-	ffordd gropian
criteria	-	meini prawf
demand	-	galw (noun), mynnu (verb)
demanding	-	ymdrechgar
descend	-	disgyn
different methods of fitness training	-	dullau gwahanol o hyfforddiant fitrwydd
different	-	gwahanol
distance training	-	hyfforddiant pellter
dumb-bells	-	dymbel (-au)
dynamic action	-	gweithredu dynamig
enclosed space	-	lle caeëdig
endurance	-	dygnwch
entry requirements	-	anghenion mynediad
equipment	-	offer
explosive leg power	-	pŵer coesau ffrwydrol
face mask	-	mwgwd wyneb
feedback	-	adborth
Fire Service	-	Gwasanaeth Tân
flexibility	-	hyblygrwydd
flood	-	llifogydd
free weights	-	pwysau rhydd
full range of movement	-	amrywiaeth lawn o symudiad
fundamental	-	hanfodol
grass	-	glaswellt
gravity	-	disgyrchiant



ground	-	llawr, daear
group activity	-	gweithgaredd grŵp
hard paths	-	llwybrau caled
health improvement	-	gwella iechyd
high threshold	-	trothwy uchel
hurdles	-	clwydi
immovable object	-	gwrthrych ansymudol
incline	-	gogwydd
individual limbs	-	braich neu goes unigol
interval training	-	hyfforddiant seibiannol
job-related	-	perthnasol i'r swydd
jogging	-	loncian
jump training	-	hyfforddiant neidio
key	-	allwedd (noun)
	-	allweddol (adjective)
lactic acid	-	asid lactig
ladder climb	-	dringo'r ysgol
ladder lift	-	codiad ysgol
ladder	-	ysgol
leg (s)	-	coes (-au)
leg-lock	-	clo coes
low intensity	-	arddwysedd isel
lunge	-	rhagwth
main components	-	prif gydrannau
manual dexterity	-	deheurwydd â llaw
maximum force	-	grym mwyaf
method (s)	-	dull (-iau)
mixed resistance	-	ymwrthiad cymysg

moderate intensity	-	arddwysedd canolig
muscle fatigue	-	lluadded cyhyrol
muscular endurance	-	dygnwch cyhyrol
normal range	-	amrediad arferol
overload in opposition	-	gorlwytho mewn gwrthwynebiad
oxygen	-	ocsigen
passive	-	goddefgar
physical development	-	datblygiad corfforol
power	-	pŵer
press and step	-	pwysu a chamu
prevention	-	ataliaeth
principle of overload	-	egwyddor orlwytho
progression	-	dilyniant
prolonged periods	-	cyfnodau maith
public services	-	gwasanaethau cyhoeddus
pyramid training	-	hyfforddiant pyramid
recruit	-	recruiwt
repetitions	-	ailadrodd
resistance machine	-	peiriant ymwrthiant
rigorous	-	llym
service life	-	bywyd gwasanaethu
short term effects	-	effeithiau tymor byr
simulation(s)	-	efelychiad (-s)
single contraction	-	cyfangiad sengl
sit and reach	-	eistedd ac ymestyn
specialist	-	arbenigwr
specific	-	penodol
speed	-	cyflymder

static stretch	-	ymestyniad statig
steady pace	-	cyflymdra cyson
steady state	-	cyflwr cyson
storm (s)	-	storom (stormydd)
strength	-	cryfder
stretching	-	ymestyn
terrain (s)	-	tir (-oedd)
threat	-	bygythiad (-au)
to achieve	-	cyflawni
to adapt	-	ymaddasu
to avoid injury (-ies)	-	osgoi anafiad (-au)
to contract	-	cyfangu
to determine	-	darganfod
to engage (with)	-	gweithio'n agos gyda
to ensure	-	sicrhau
to follow instructions	-	dilyn cyfarwyddiadau
to hop	-	hercian
to jerk	-	plycio
to justify	-	cyfiawnhau
to outline	-	braslunio
to prepare	-	paratoi
to push	-	gwthio
to recruit	-	recriwtio
to sprint	-	sbrintio
to sustain	-	cynnal
to swell	-	chwyddo
training diary	-	dyddiadur hyfforddiant
transport accidents	-	damweiniau trawsgludo

unpredictable	-	anrhagweladwy
uphill	-	i fyny
weight & resistance training	-	hyfforddiant pwysau ac ymwrthiant
weight	-	pwysau
wooded areas	-	coedwigoedd

### FITNESS TEST IN THE GYM/PRAWF FITRWYDD YN Y GAMPFA

1 Rep Max Bench Press-	Gwasgu Mainc Ail-wneud 1 Uchafswm
1.5 mile Run	- Rhediad 1.2 Milltiroedd
30m Sprint	- Sbrint 30 m
Bleep Test	- Prawf Blip
Dynamic Strength Pull 35 kg	- Tynnu Cryfder Dynamig 35 cg
Dynamic Strength Push 34 kg	- Gwthio Cryfder Dynamig 34 cg
Hand Grip Dynamometer Test	- Prawf Dynamomedr â Llaw
Illinois Agility Test	- Prawf Ystwythder Illinois
Jerry-Can Test	- Prawf Rhediad Jerry
Press Up Test	- Prawf Byrfreichiau
Shield Hold	- Gafael Tarian
Shuttle Runs	- Rhediadau Gwennol
Sit & Reach Test	- Prawf Eistedd a Chyrraedd
Sit Up Test	- Prawf Eistedd i Fyny
Standing Balance Test	- Prawf Cydbwysedd yn Sefyll
Vertical Jump	- Naid Fertigol
Wall Sit Test	- Prawf Eistedd Wrth Wal

**Commands/Cyfarwyddiadau**

**Singular**

**Plural**

Hold	<i>Gafaela</i>	<i>Gafaelwch</i>
Jump	<i>Neidia</i>	<i>Neidiwch</i>
Press	<i>Gwasga</i>	<i>Gwasgwch</i>
Pull	<i>Tynna</i>	<i>Tynnwch</i>
Push	<i>Gwthia</i>	<i>Gwthiwch</i>
Reach	<i>Cyrhaedda</i>	<i>Cyrhaeddwch</i>
Run	<i>Rheda</i>	<i>Rhedwch</i>
Sit	<i>Eistedda</i>	<i>Eisteddwch</i>
Stand	<i>Sefylla</i>	<i>Sefyllwch</i>
Sprint	<i>Sbrintia</i>	<i>Sbrintiwch</i>