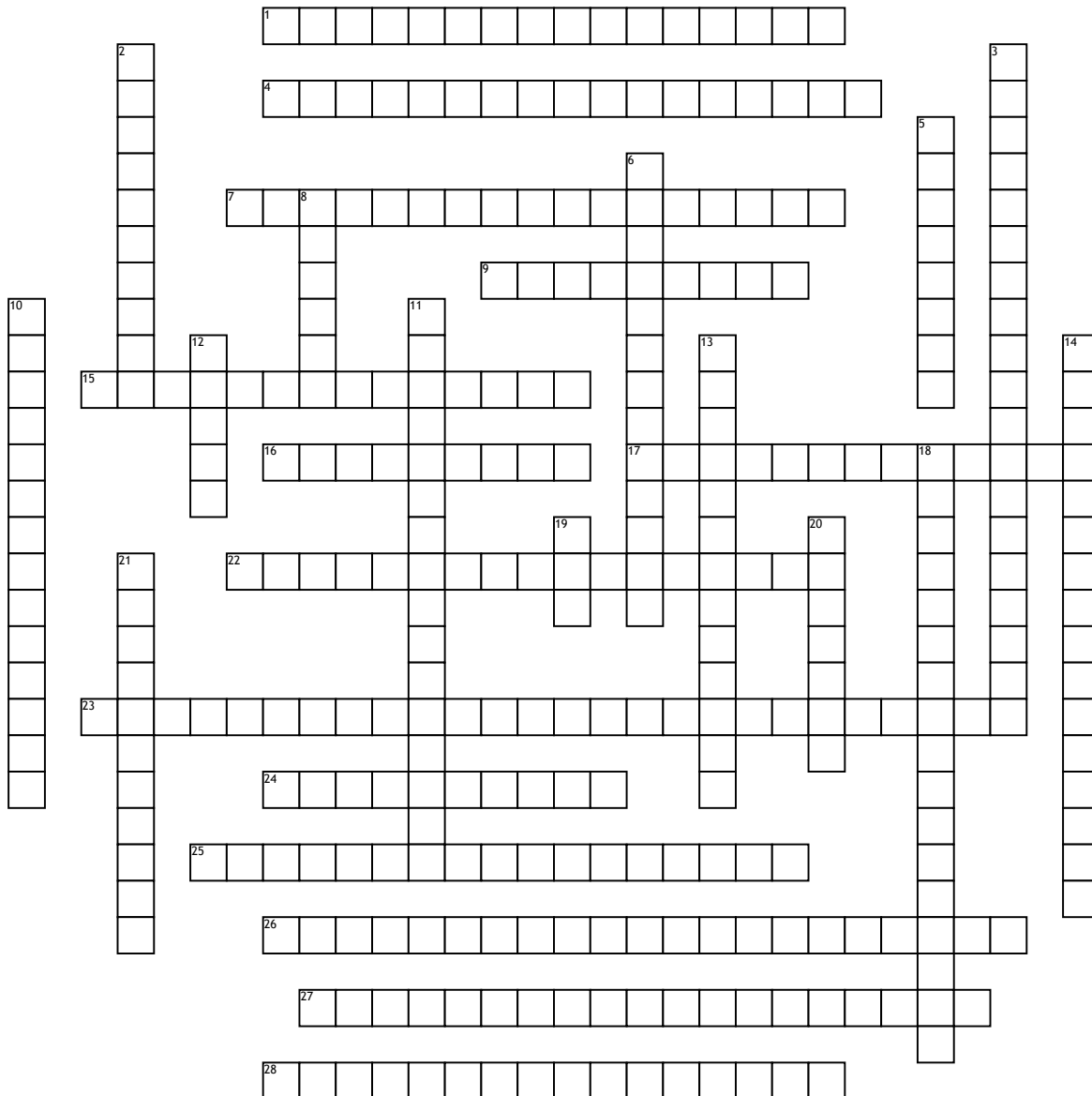


Sports Injury Prevention



Across

1. equipment and facilities, environment, type of activity, conditioning errors
4. The number of training sessions completed in a given period of time
7. Ability to sustain a muscle activity
9. Several successive macrocycles
15. All athletes benefit from improving aerobic fitness. 60% of maximum heart rate are most often used to elicit training adptions
16. Technique with repetitive bouncing motions
17. The organization of training into a cyclical structure to obtain the optimal development of an athletes performance capacities
22. Amount of weight lifted per reputation
23. focuses on any aspect of a particular sport or activity that is unique

Down

2. Then total amount of weights lifted in a given session
3. Aerobic fitness, muscular strength and endurance, flexibility, nutrition and body competition
5. increase the strength of the involved muscle groups
6. Strength over timer, ability to produce force quickly
8. Passively stretching and antagonistic muscle to maximal strength and holding
10. The number of reputations the weight is lifted
11. age, gender, body size, injury history, fitness level, muscle strength and imbalances
12. Development of higher velocity movements
13. The exercise sequence
14. two to four weeks between training seasons
18. Resistance training, plyometrics, speed, agility, and speed endurance training
19. techniques involving combinations of altering contractions and stretches
20. Voluntary technique that uses full range, sport like motions to warm up
21. Time allowed between sets