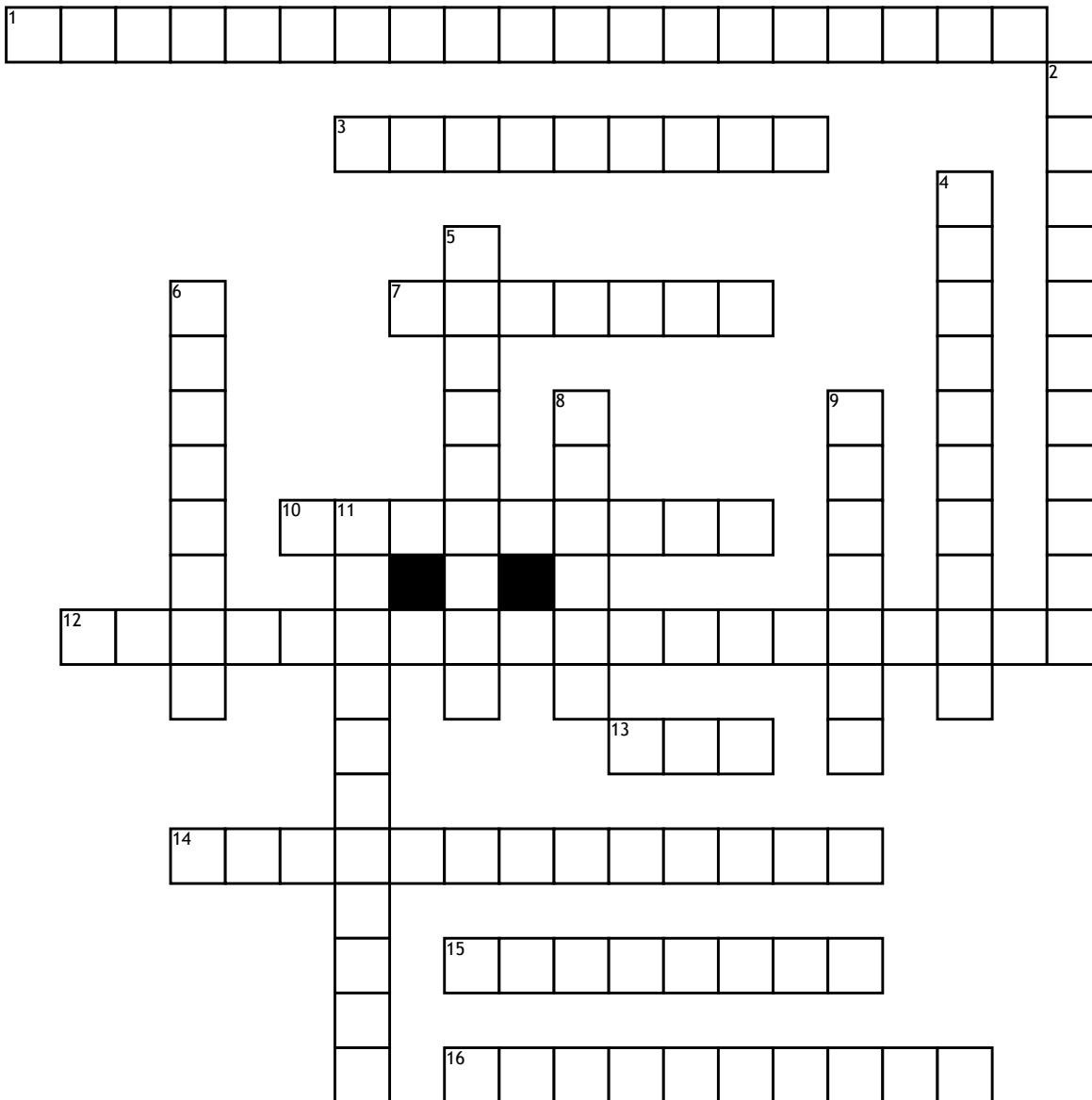


# Sports med 1: chapter 4



## Across

- the total range of motion through which a joint can be moved by an active muscle conjunction
- repetitive muscle contractions
- "speed play"
- a low intensity recreational training period
- A PNF type stretch in which the antagonistic muscles relax during contraction

13. a stretching technique that involves a combination of alternating contractions and stretches

14. a long term training plan

15. adapting to demands

16. a muscle that contract the actions of an agonistic muscle

## Down

- pops out but can go back in
- the muscle shortens while tension is developed

5. a bouncing type stretch (older)

6. the maximum force applied by a muscle during a single maximum contraction

8. a stretch and hold stretch

9. the muscle that is directly engaged in contraction

11. a range of motion possible about a given joint or series of joints