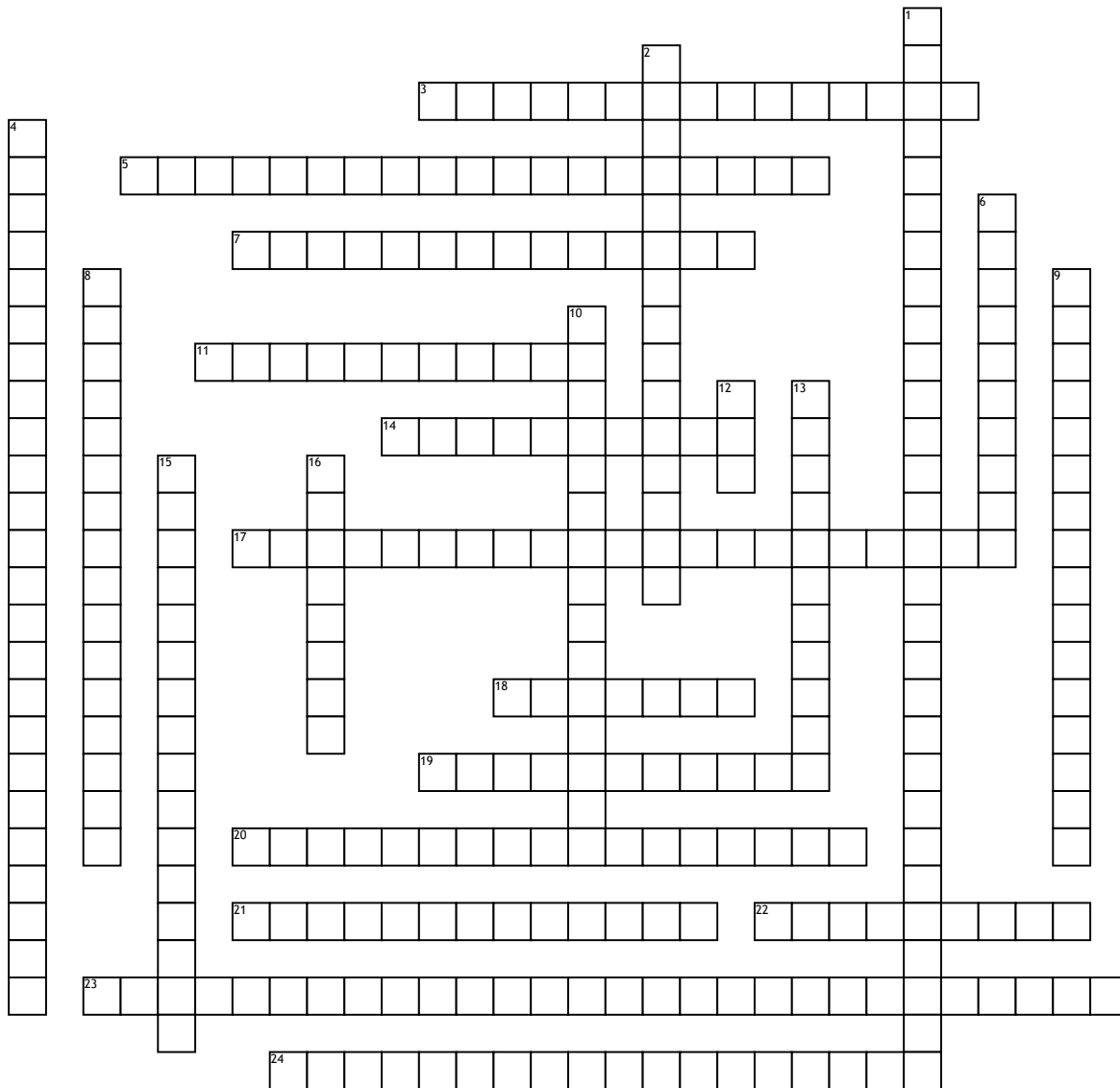


Name: _____

Date: _____

Vocabulary Chapter 7 Cross Word



Across

- 3. steps taken to prevent injury
- 5. using momentum of body or limb to stretch
- 7. restoring functionality through a program after injury
- 11. increased muscle mass
- 14. forcing body to feel game-time situations to be prepared
- 17. work an athlete does to get back in shape prior to their sport
- 18. decrease in muscle mass
- 19. limberness referring to joint and muscle movement
- 20. exercise causing muscle contraction

- 21. disuse of muscle, loss in strength and mass
- 22. a nerve and its muscle fibers
- 23. training heart and lungs to work better

- 24. using machines to achieve constant movement to work out

Down

- 1. constantly buliding muscle to its max
- 2. body training or resistance using high intensity aerobics
- 4. working against resistance provided by spotter

- 6. type of exercise in which specific muscle is flexed deliberately

- 8. motor unit that is easily fatigued

- 9. holding position for joint or muscle to flexed

- 10. exercise involving joint movement

- 12. stretching and contracting of muscles targeted answer is abbreviated)

- 13. working only certain muscles

- 15. motor unit resistant to fatigue

- 16. too much work for an athlete to handle