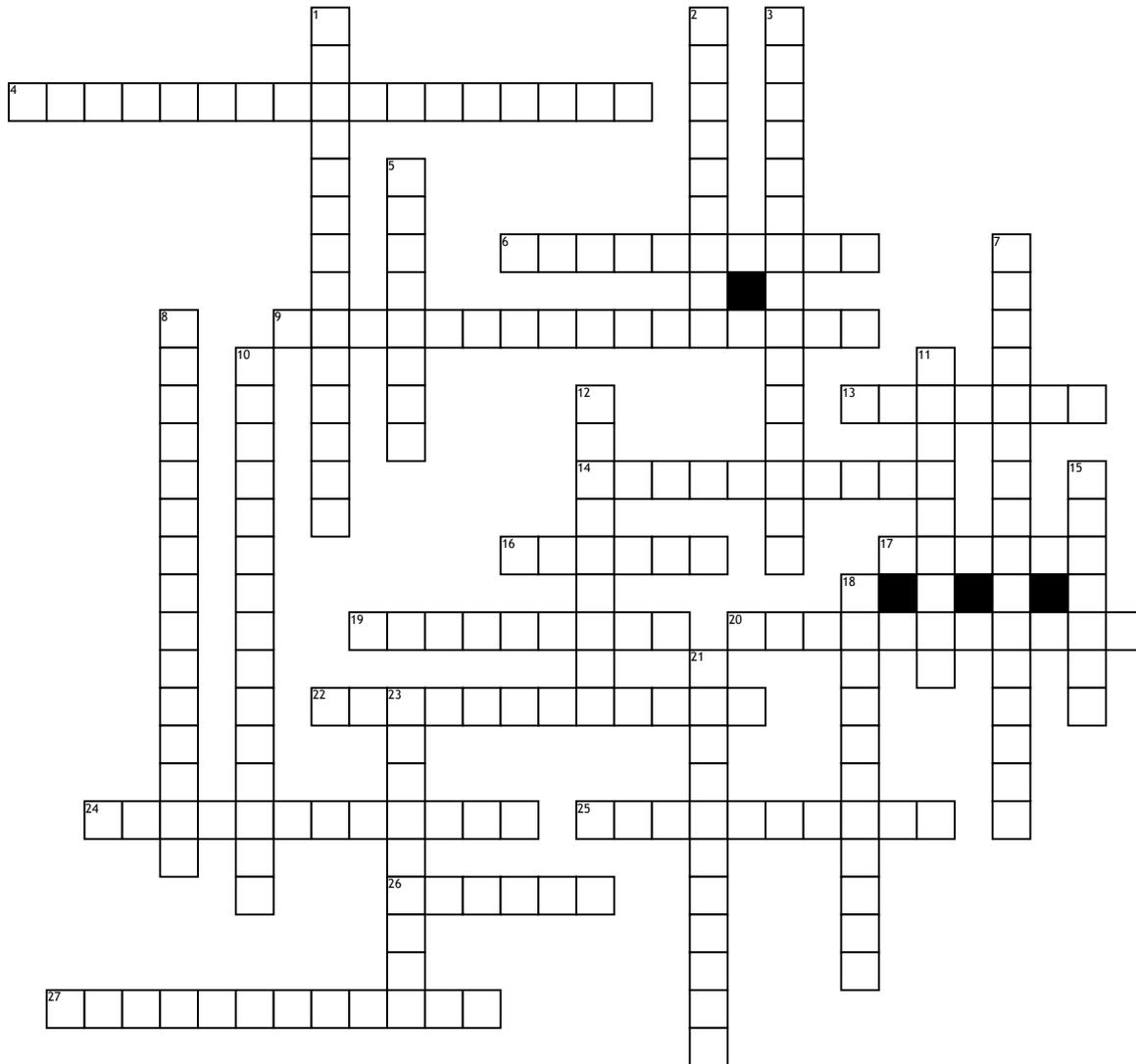


remediation unit 1 cross word



Across

4. : train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports.

6. rotation of the forearm and hand so that the palm faces forward or upward also

9. ability to perform all of one's activities of daily living.

13. is a complex disease involving an excessive amount of body fat.

14. is a condition caused by your body overheating

16. is a stretching or tearing of ligaments

17. force to make a strenuous or unusually great effort.

19. a short band of tough, flexible fibrous connective tissue which connects two bones or cartilages or holds together a joint

20. when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions

22. refers to a group of heat-related conditions characterized by an abnormally high body temperature – in other words, the opposite of hypothermia.

24. :the study of the mechanical laws relating to the movement or structure of living organisms.

25. confidence in one's own worth or abilities.

26. is the part of a shoe that covers and protects the toes.

27. is an aspect of the homeostasis of organisms in which the amount of water in the organism needs to be controlled, via osmoregulation and behavior, such that the concentrations of electrolytes (salts in solution) in the various body fluids are kept within healthy ranges.

Down

1. is a condition whose symptoms may include heavy sweating and a rapid pulse, a result of your body overheating.

2. firm, whitish, flexible connective tissue found in various forms in the larynx and respiratory tract, in structures such as the external ear, and in the articulating surfaces of joints

3. is the temperature that a person feels because of the wind.

5. : any bodily activity that enhances or maintains physical fitness and overall health and wellness.

7. movement of the body that uses energy.

8. :the process in which an individual organism adjusts to a change in its environment

10. ability of your body systems to work together efficiently to allow you to be healthy and perform activities of daily living.

11. tending to spend much time seated; somewhat inactive

12. attachment or commitment to a person, cause, or belief.

15. A tendon or sinew is a tough band of fibrous connective tissue that connects muscle to bone and is capable of withstanding tension.

18. : is a medical emergency that occurs when your body loses heat faster than it can produce heat, causing a dangerously low body temperature.

21. a risk factor or determinant is a variable associated with an increased risk of disease or infection.

23. refers to the way your foot rolls inward for impact distribution upon landing