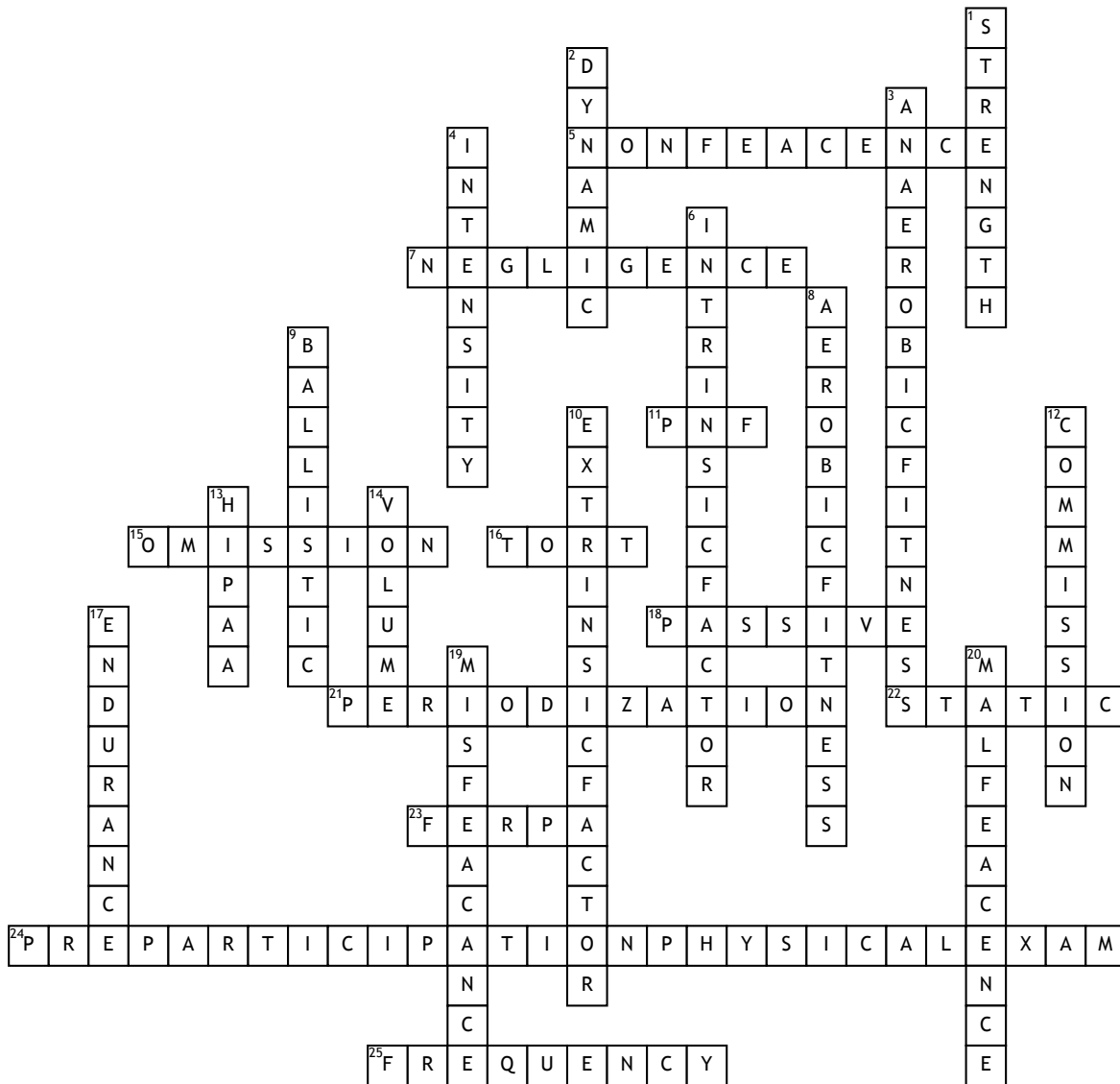


Ch 3 & Ch 4 Vocabulary



Across

5. Failure to perform an act that is required by law.
7. Failure to exercise appropriate and or ethical ruled care expected to be exercised amongst specified circumstances resulting in damage/injury.
11. Stretching techniques that involve combinations of alternating contractions and stretches.
15. Failure to act.
16. A PRIVATE WRONG OR INJURY, SUFFERED BY AN INDIVIDUAL AS A RESULT OF ANOTHER PERSON'S CONDUCT.
18. Movement of a joint through its ROM by someone other than the athlete.
21. The organization of training into a cyclical structure to attain optimal development of an athlete's performance capacities

22. Passively stretching a muscle by placing it in maximal stretch and holding it there.

23. Family Educational Rights and Privacy Act

24. An athlete needs a _____ before they are able to participate in a sport.

25. Number of training sessions completed in a given period of time.

Down

1. Maximum amount of force that can be produced in one repetition (1RM).
2. A voluntary stretching technique that uses full-range, sport-like motions to warm up.
3. The amount of work that can be accomplished using the creatine-phosphate system to produce energy.
4. Amount of weight lifted per repetition.
6. Age, gender, injury history, body size, fitness

8. The amount of work that can be accomplished using oxidative system of converting nutrients into energy.

9. Stretching technique that uses repetitive bouncing motions.

10. Environment, Facility, Protective equipment

12. Acting in an improper way.

13. Health Insurance Portability & Accountability Act

14. Represents the number of repetitions the weight is lifted.

17. The ability to sustain muscle activity.

19. Performance of a lawful action but done improperly.

20. Performance of an act that is illegal or wholly unlawful.