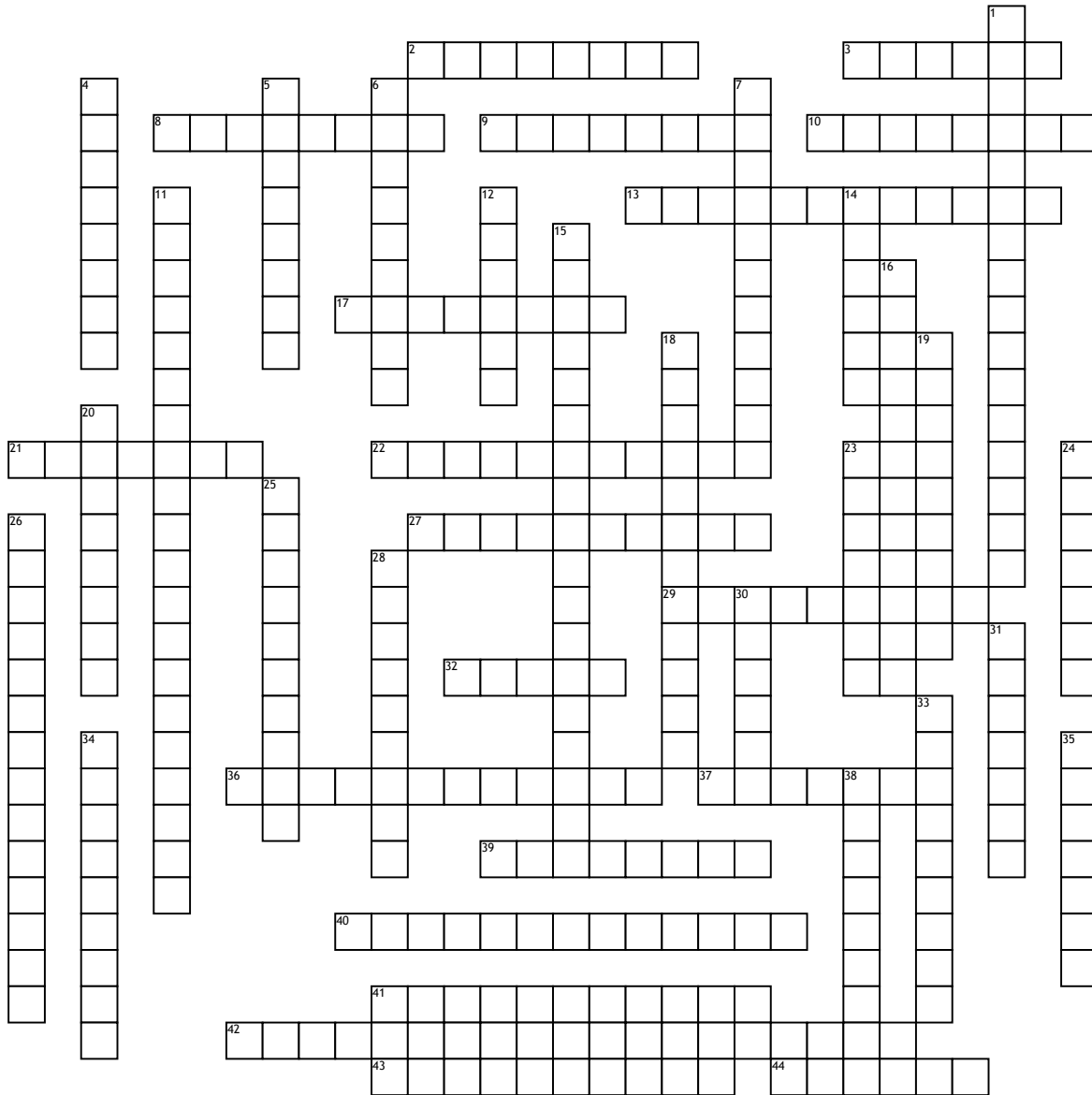


Name: _____

Date: _____

Athletic training Vocabulary



Across

2. refers to the neck; the seven vertebrae in the neck
 3. back or posterior of any structure
 8. refers to the upper back; the 8th through the 19th vertebrae
 9. a method or apparatus used for treatment or therapy (i.e. an ice pack)
 10. a collection of blood beneath the skin
 13. excessive, forceful flexion of a limb
 17. closest to the center of the body
 21. front or anterior of any structure
 22. the study of human movement
 27. movement in the posterior direction
 29. moving the body part toward the midline of the body
 32. a fluid filled sac that serves as a cushion and reduces friction in a joint
 36. ankle movement bring the foot toward the skin
 37. bending a joint of decreasing the angle between two bones

39. crescent shaped wedges of cartilage that pad the knee between the tibia and femur
 40. moving a joint in a circular motion; only possible in the hip or shoulder
 41. movement in the anterior direction (i.e. reaching)
 42. range of motion performed by the athlete
 43. the study of the functional processes of a body
 44. a dense, tough tissue that attaches muscle to bone

Down

1. decrease in the diameter of a blood vessel
 4. turning the sole of the foot outward
 5. a grating, grinding, or sticking sound or sensation
 6. refers to both left and right
 7. increase in muscle or tissue size
 11. movement performed by the examiner while the athlete relaxes all muscles
 12. toward the midline of the body
 14. refers to the low back; the 20th through the 24th vertebrae
 15. standing, facing forward with arms at sides and palms facing upward

16. a joint between bones
 18. increase in the diameter of a blood vessel
 19. moving a body part away from the midline of the body
 20. the front of the body or body part
 23. the bottom or sole of the foot
 24. decrease in muscle or tissue size often due to lack of use
 25. turning upward (i.e. turning the palm of the hand upward)
 26. excessive, forceful extension of a limb beyond its normal limits
 28. turning downward
 30. farthest away from the center of the body
 31. away from the midline of the body; toward the side
 33. a bruise; a closed injury caused by a blow or crushing of tissue
 34. the back of the body or body part
 35. the study of structure and form of a body
 38. turning the sole of the foot inward