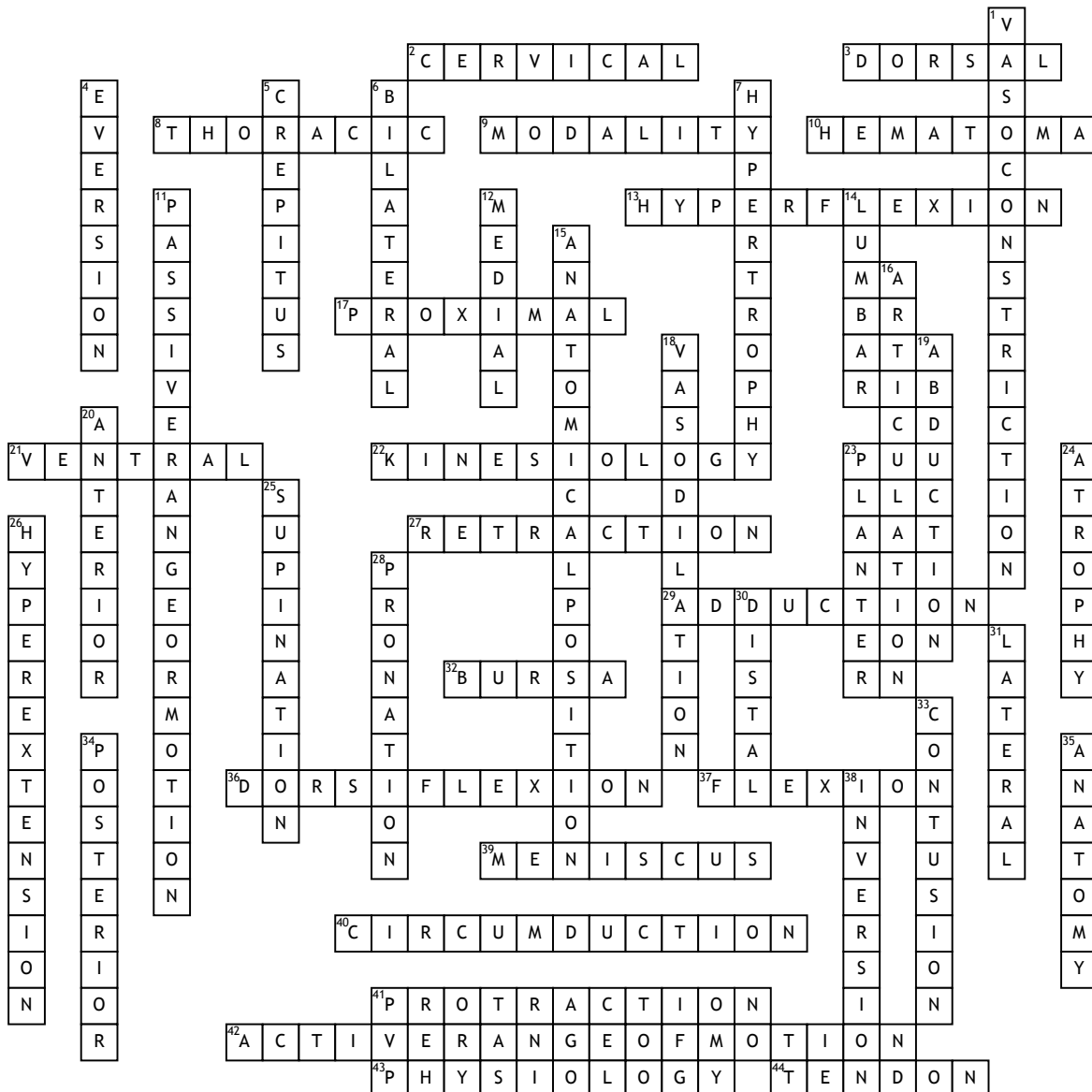


Name: \_\_\_\_\_

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 precesses 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 of 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