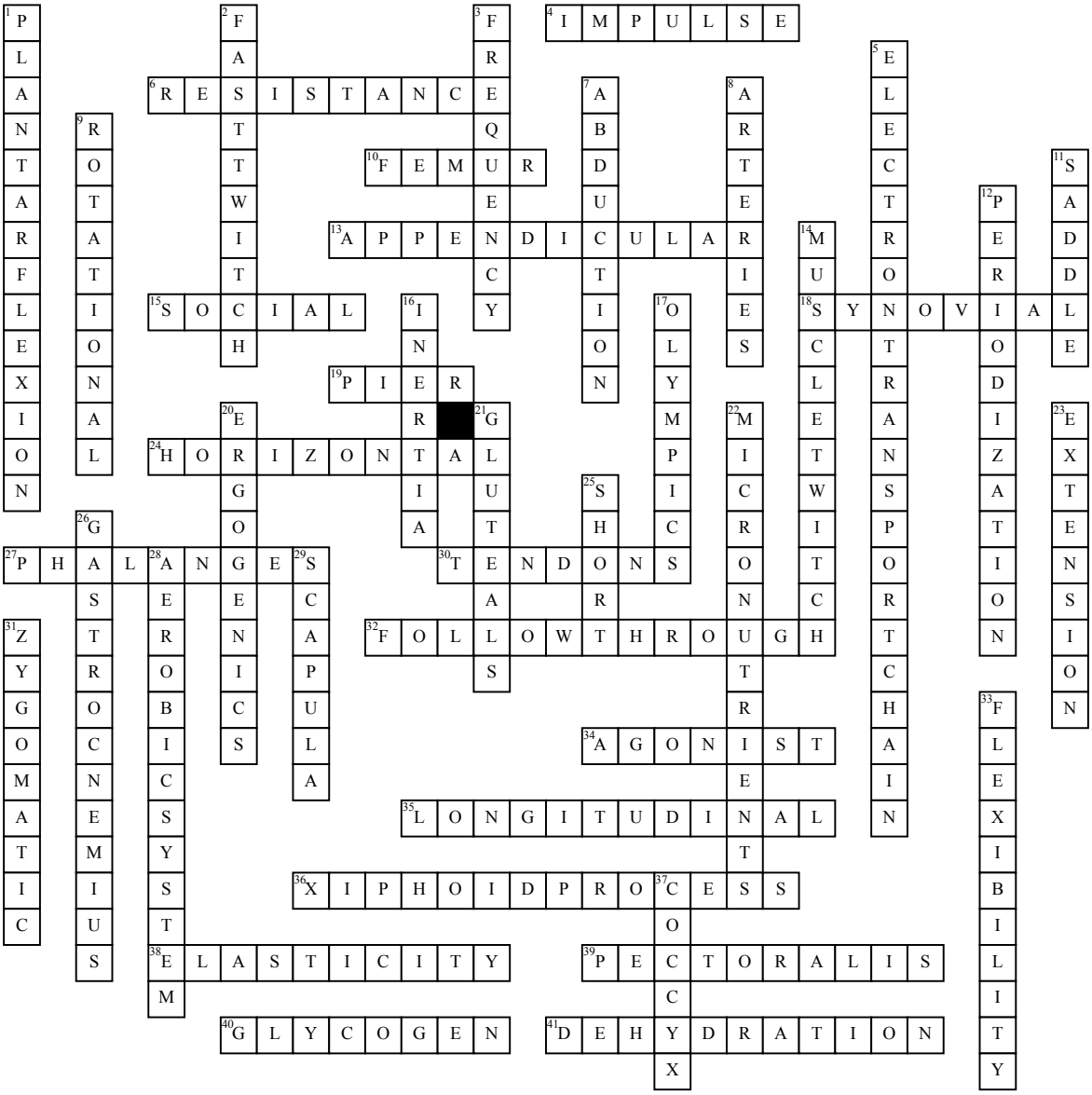
Name: _____ Date: _____

Kinesiology



Across

4. application of force over a segment of time

6. weightlifting is an example of this type of training

10. the longest bone in the body

13. the skeleton that includes the moveable limbs

15. the development of relationships with peers, friends, etc

18. the joints that allow the most movement

19. when someone is injured, you should follow this principle for quick treatment

24. the plane that divides the body into upper and lower segments

27. fingers and toes

30. attach muscle to bone

32. the movements that take place after the critical instant

34. the muscle primarily responsible for movement of a body part

35. the axis that runs from head to toe

36. the tip of the sternum

38. the ability of a muscle to stretch and return to its normal position

39. the chest muscle (group)

40. carbohydrates are stored as this in the muscles and liver

41. lack of water during exercise can cause this

Down

1. when you stand on your tip-toes, your ankles are in this position

2. the muscle fibres that have the ability to tense and relax quickly

3. the "F" in FITT

5. the sub-pathway that produces the most ATP

7. movement away from the median

8. vessels that carry blood away from the heart

9. movement about an axis

11. the joint found at the tumb

12. the breakdown of the overall training plan into distinct training periods

14. a single nerve impulse

16. 1st Law of Motion

17. the sports event that takes place every 4 years

20. something used to give an athlete a mental or physical edge over his/her competitors

21. the butt muscles (group)

22. vitamins and minerals

23. straightening a joint to increase the angle

25. the bones that are most common in the wrists and ankles

26. the calf muscle

28. the energy pathway that allows an athlete to compete in endurance type activities

29. the shoulder blade

31. the cheek bone

33. the sit and reach test measures this

37. the tailbone