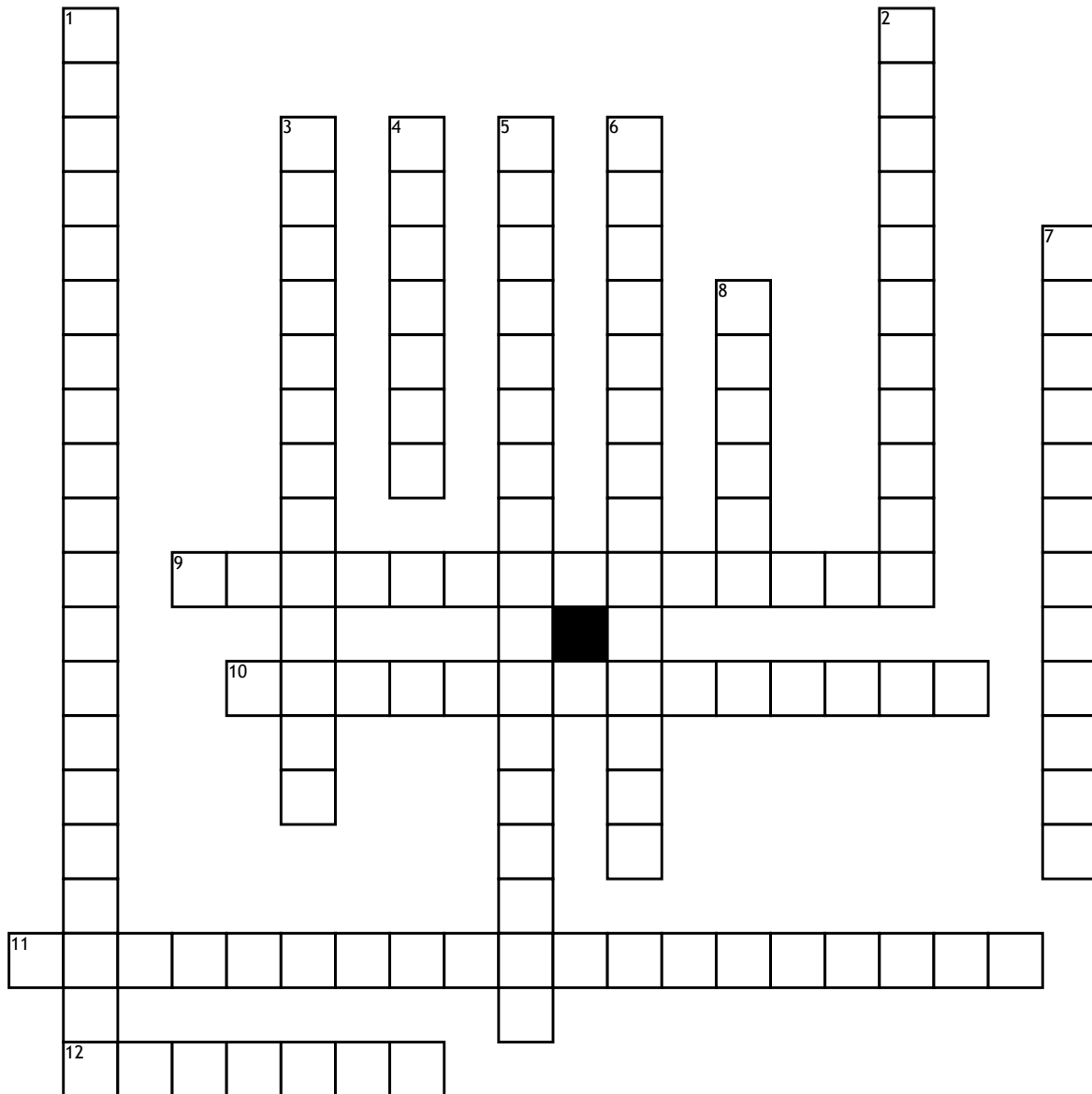


Attribution, Confidence, Self-efficacy and Injury Rehabilitation



Across

- 9.** Four main factors that contribute to an individual's self-efficacy
- 10.** The theory which suggests that growth and age is important when achieving goals
- 11.** Does compression clothing or cryotherapy relate to the vascular constriction of specific areas of the body?
- 12.** A form of confidence which changes depending on the situation

Down

- 1.** Gender age body mass/composition joint flexibility conditioning
- 2.** What injury is a grade 2 sprain characterised as?
- 3.** Develop slowly leading to a painful inflammatory condition
- 4.** The performers self-belief in performing successfully in sport
- 5.** The conditions required for an athlete to achieve their goals

- 6.** The process of restoring full physical function after injury
- 7.** I am the best football player in this game
- 8.** What is the acronym to describe these words: Protection Optimal loading Ice Compression Elevation?