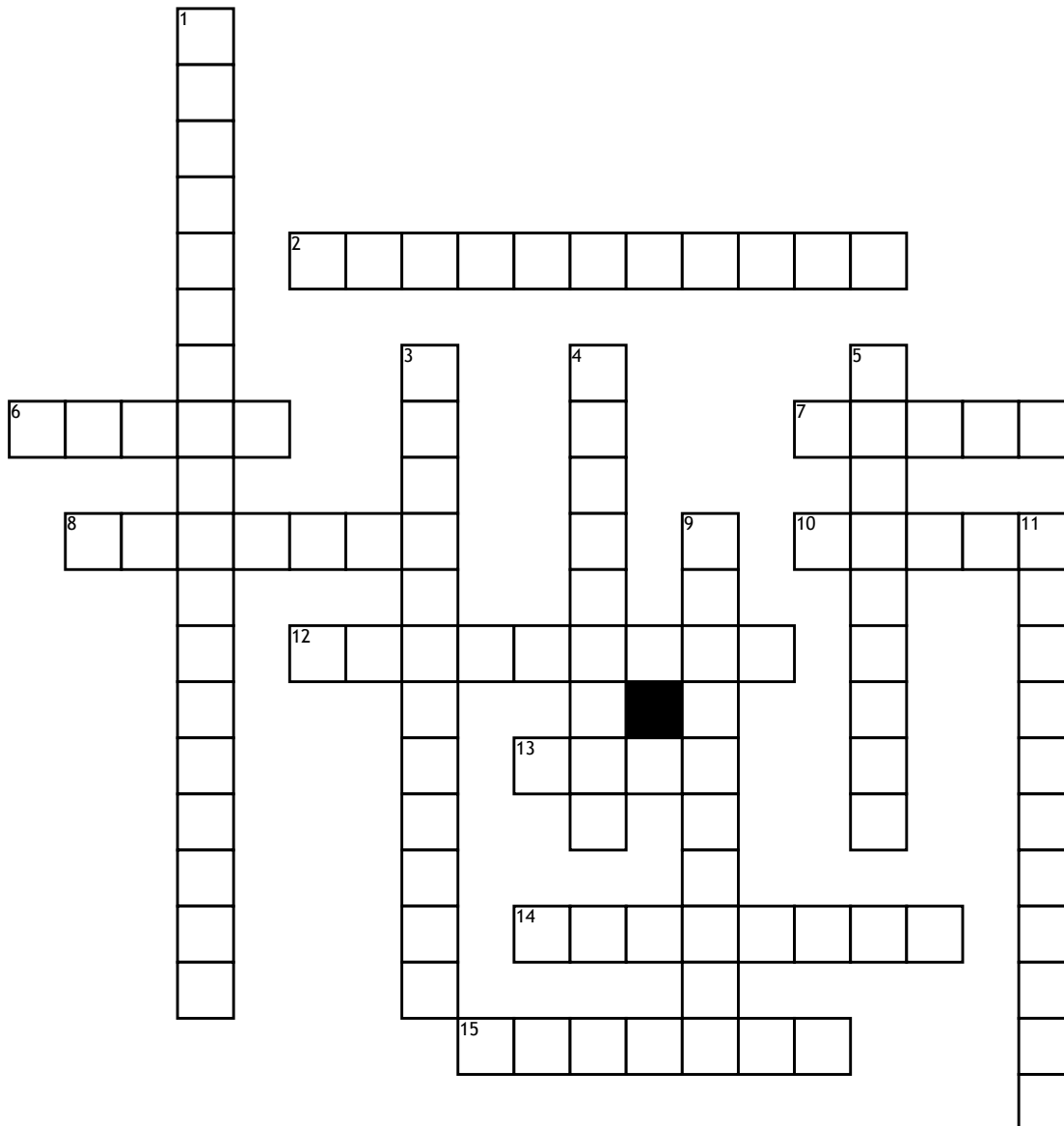


BIOMECHANICS EC



Across

2. The ability of a joint to move through an optimum range of motion
 6. A fundamental element in human movement
 7. Work done over a period of time
 8. The point about which a lever pivots
 10. A rigid structure, fixed at a single point
 12. A type of contraction where, despite attempting to shorten, the muscle

13. Product of force and distance

14. A vertical plane that divides the body into left and right

15. Newton's First law of motion

Down

1. A position in which your arms are straight down to your sides and your hands

3. The study of physics and motion as it pertains to the human body

4. Action in which a limb moves closer to the mid-line of the body

5. The perpendicular distance from the fulcrum to the application of a force

9. The point in the range of motion where the resistance has the highest Mechanical Advantage (the biggest moment arm compared to the muscle force)

11. 4 muscles that's primary purpose is to stabilize the shoulder joint