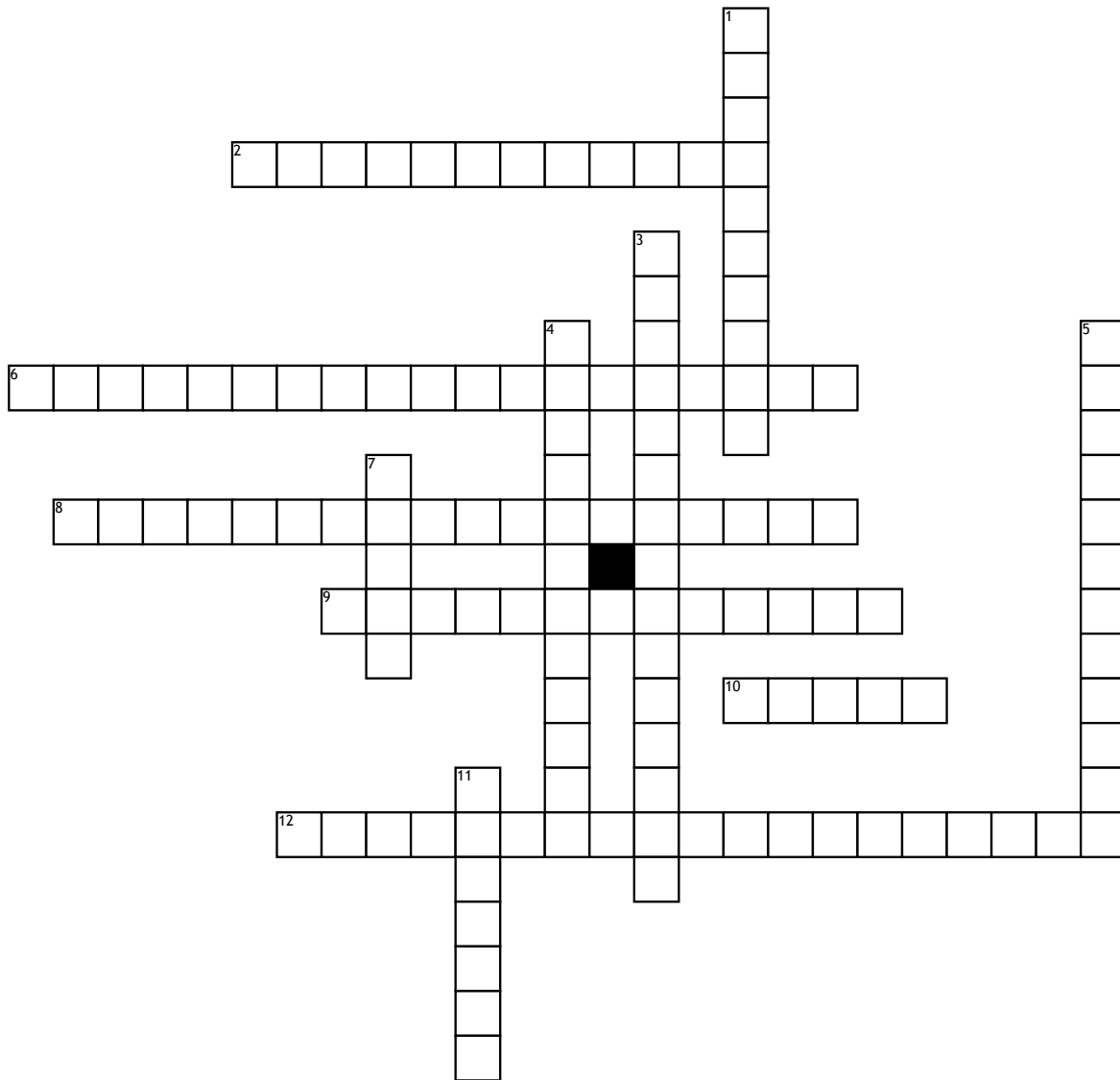


# BOOSTING PERFORMANCE



**Across**

- 2. A person's abilities in areas that are likely to improve performance in sports or certain work related activities
- 6. This type of motivation typically focuses on performance outcomes in winning the game or showing your ability to perform at an exceptional level.
- 8. Information about performance given to participants during the execution of an action

- 9. Exercise activities that you do in order to try to improve your physical health and stay healthy
- 10. The rate at which someone or something moves
- 12. behavior that is driven by internal rewards

**Down**

- 1. The action of leading a group of people or an organization.
- 3. Feedback from the senses that can guide or monitor motor movements.

- 4. The study of the mechanical laws relating to the movement or structure of living organisms.
- 5. The rate of change of velocity as a function of time.
- 7. A rigid structure a force acting upon it to produce a turning movement
- 11. An exercise is one completion of all set exercises in the program.