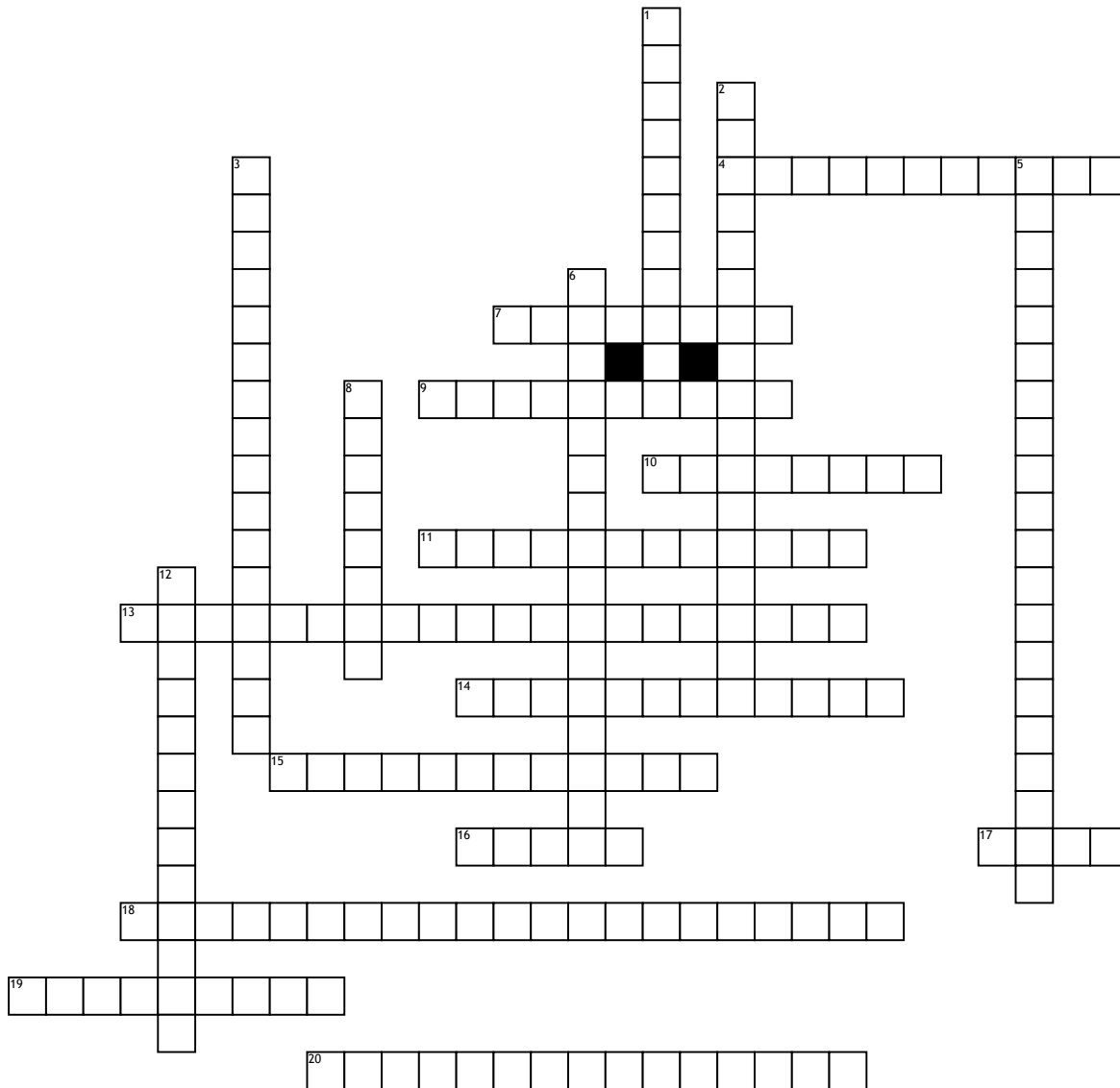


# CSCS Flashcards



## Across

4. Length of time of consistently following a formalized and supervised resistance training program  
 7. Process resulting in relatively permanent change in capability for a motor skill  
 9. Failure to act reasonably and prudent for the situation; includes duty, breach of duty, proximate cause, and damages  
 10. Capacity to exert force at any given speed  
 11. Moment-to-moment changes in nervousness, worry, and apprehension associated with arousal of the body  
 13. Prescriptive information but impairs performance in a stressful environment

14. Achievements athlete's can control by focusing on actions that must be engaged in performance to execute well  
 15. Disposition that predisposes a person to perceive a range of non dangerous circumstances as threatening and with disproportionate state anxiety levels  
 16. Work/time  
 17. Force x displacement  
 18. Increases occurrence of a behavior by taking away aversive things  
 19. Instructed on overarching goal of a task but receives little to no direction; slow learning  
 20. All activities described to participant, including explanations of risk and benefits, and the participant can decide whether they will participate or not

## Down

1. Execution of a skill in an environment that may not be indicative of skill capabilities of the individual  
 2. Series of exercises designed to produce physical sensations in the body  
 3. Smoother covering on the ends of bones  
 5. Shoulders, pelvis, and extremity  
 6. Variations of the same skill within a single practice session; impairs performance during practice but enhances performance on novel variation of the skill  
 8. Induced state of hyper-suggestibility in which positive suggestions relating to performance, planted in the subconscious mind  
 12. Skull, vertebral column, ribs, and sternum