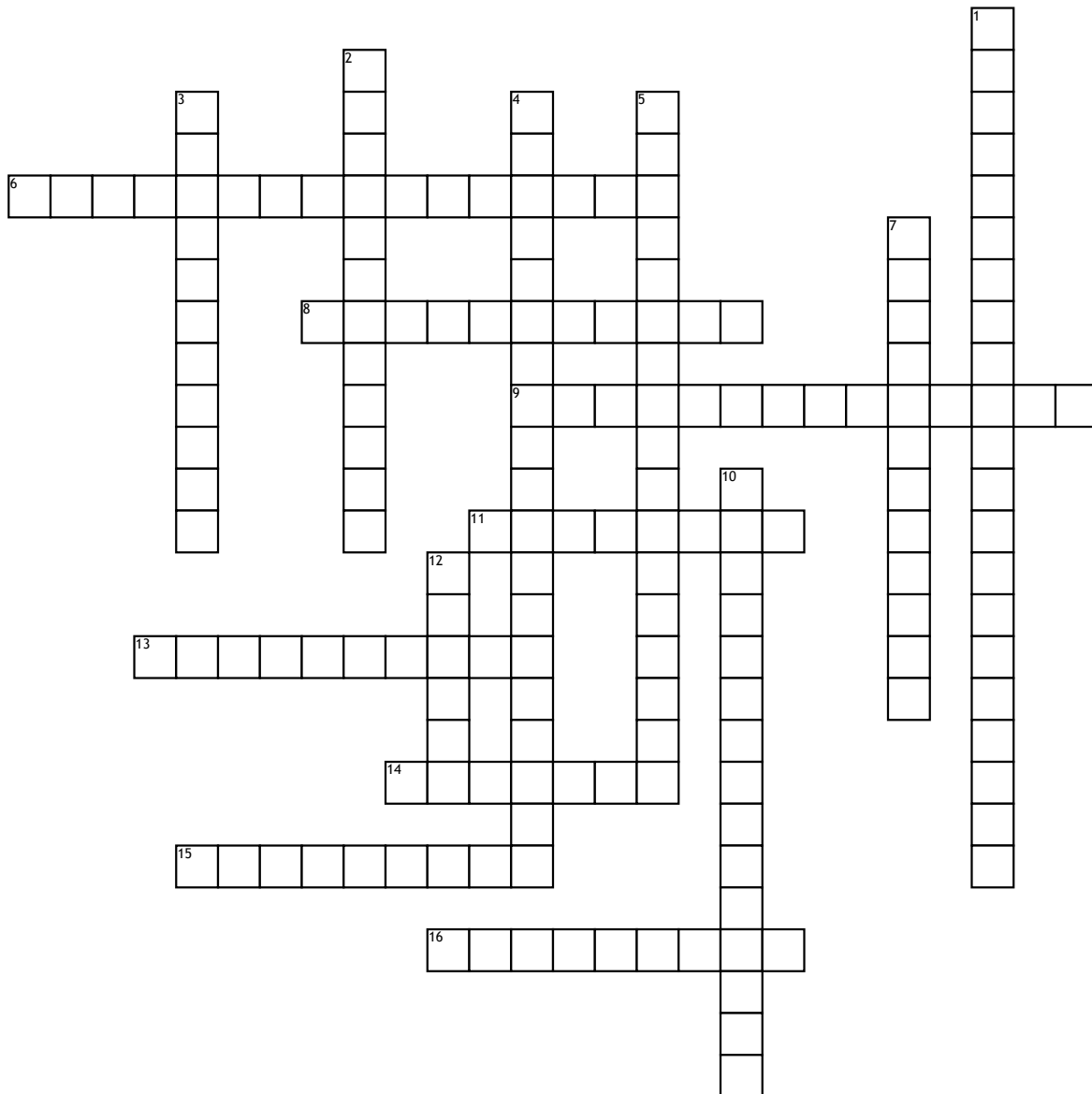


Name: _____

Date: _____

PT A&P



Across

6. If you subtract resting H/R from max H/R you get?
8. The sliding filament theory describes a muscle _____?
9. Degenerative disease that affects weight bearing bones
11. The formula used to calculate target heart rate zones
13. Muscle fibre type that are mostly used during endurance events

14. The energy system dominant up to 90 seconds
15. The muscle that lies deep between the scapulae
16. Type of exercise that creates the biggest oxygen deficit

Down

1. The basic chemical of direct energy
2. Bone disease caused by a calcium deficiency
3. Group of muscles that secure the humerus in the socket (shoulder)

4. Autoimmune disease affecting the synovial membrane
5. Molecule used to rebuild ATP during max intensity exercise
7. An example of an event that requires ATP only
10. The "six pack" flexes the trunk
12. This causes the narrowing of the bronchioles