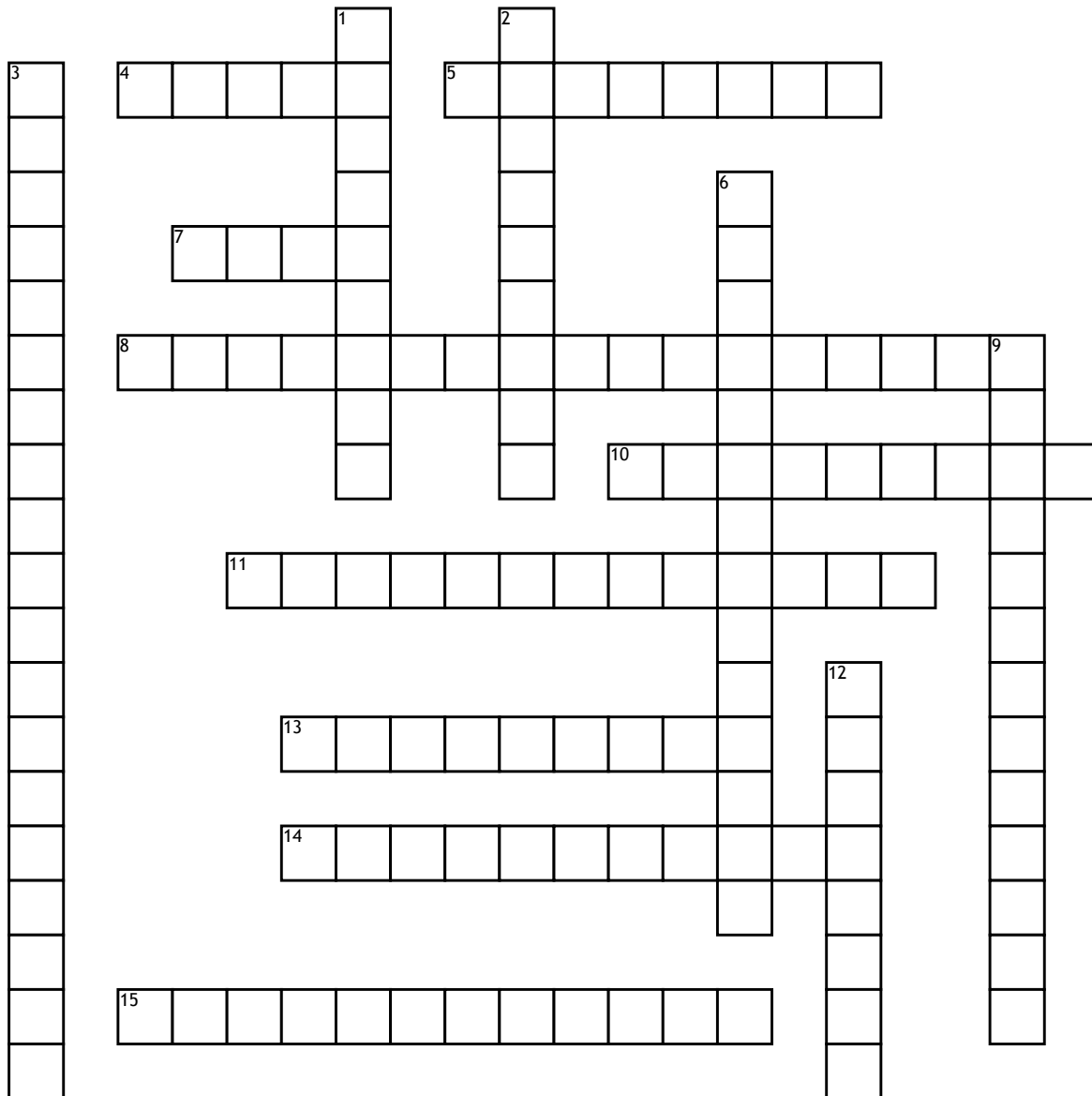


# Preventing Injuries Through Fitness Injuries



## Across

4. The ability to generate force rapidly  
 5. Athletes who do not possess enough levels of muscle strength, endurance, and power are more sustainable to \_\_\_\_\_  
 7. Creating a \_\_\_\_\_ playing environment  
 8. Common in spine and in metatarsals in the foot  
 10. Competition Period

11. An approach to conditioning that attempts to bring about peak performance while reducing injuries  
 13. Strength phase  
 14. Inflammation or irritation to the tendons  
 15. Physical and physiological development of athletes for sports performance

## Down

1. Power phase

2. The ability to perform repetitive muscular contractions against some resistance  
 3. Caused from a single traumatic event, or from chronic stress and overuse  
 6. The ability of a muscle to generate force against some resistance  
 9. A condition in which the vertebra slips anterior to the vertebra immediately below it  
 12. Ensuring proper \_\_\_\_\_ and psychological conditioning