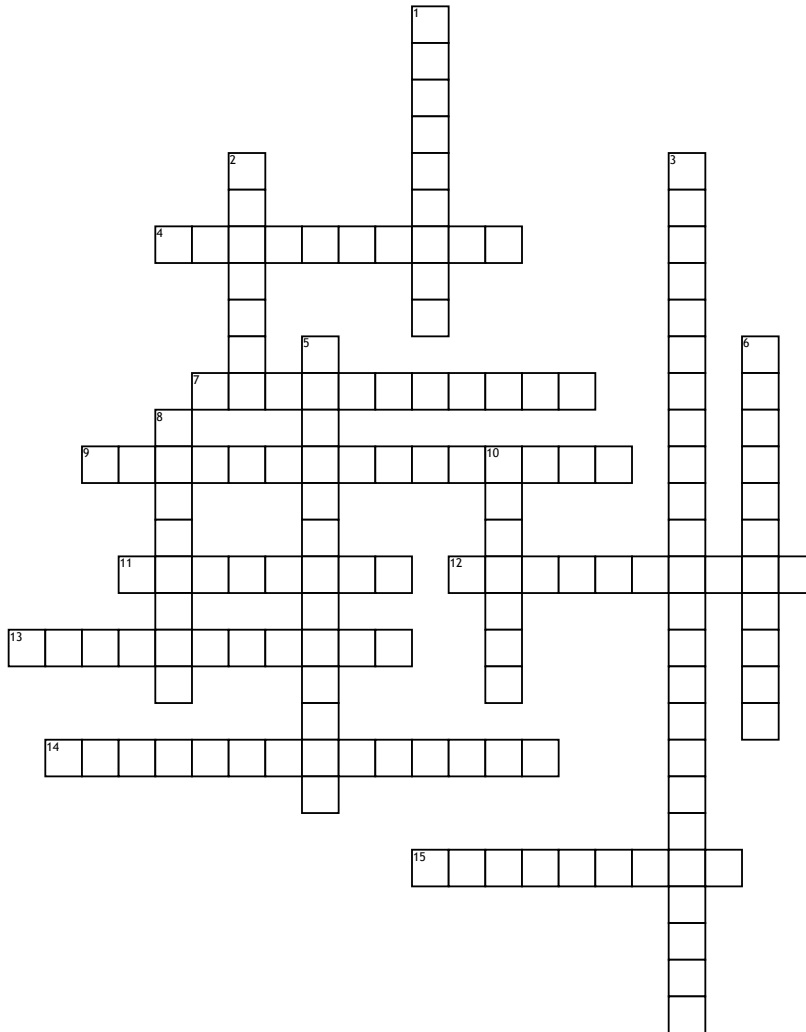


STRENGTH AND CONDITIONING



Across

4. Moving a joint beyond its normal range of motion.
 7. Increase in size of muscle tissue.
 9. ability of the muscles to perform physical tasks over a period of time without becoming fatigued (>8) rep.
 11. The ability to move or be moved easily.
 12. causes the muscle to SHORTEN as it contracts
 13. Ability of a joint to move freely through its entire range of motion.
 14. amount of force a muscle can exert (4-8) rep.

Word Bank

Reversibility
 Manual Resistance Training
 isometric
 Specificity
 isotonic

15. contractions occur when there is NO CHANGE in the length of the contractance muscle

Down

1. The ability to maintain character despite forces that threaten to disturb it.
 2. Immobilization, disuse, or injury can lead to this physiological change in muscle tissue.
 3. Resistance added allowing fatigue, then released enough to allow full range of motion
 5. This concept states the muscles will atrophy with disuse, immobilization, or starvation.

Atrophy
 Flexibility
 Hypertrophy
 Atrophy
 Stability

6. Ability of muscles to respond to targeted training so strength is gained in those muscle groups.

8. contractions that cause the muscle to CHANGE length as it contracts and causes movement of a body part. This creates concentric and eccentric movement in the muscle
 10. Decrease in size of muscle tissue.

Stretching
 muscle endurance
 Mobility
 muscle strength
 concentric