

Name: _____

Date: _____

Sports Training

E G N A H C X E T A E H E V I T C U D N O C T K
U M M E X E N U F S U W C H G J O T A F L K I S
H E A T R A S H U O D E I E V B N B F O W H S I
Q T B C P Q H T K K D N D V V J V H H M K E X S
S A T J N O F C D L D J J A J U E P V S E A E Y
T B K N P K O H C K C I W P Q H C X H L B T D L
V O H H F C U E E X U S H O I E T W Y S V C N O
C L E X J I A A W A N N E R W A I S P G O R I Y
E I A J I U W T Q M Z X A A J T V U E B S A T M
Z C T E R X L S C B J W T T N S E H R Z V M A O
B H S D L B P Y P S K F E I N T H M T O C P E D
Q E T Z Q D A N R D Z W X V Z R E U H K X S H B
H A R T A E N C A K B O H E O O A Y E V Y Y J A
T T E X F D R O O Q E T A H Q K T E R K U N B H
X P S B Z H F P Z Z J T U E G E E C M S B G W R
R R S N T M F E P X I L S A U A X U I J L B N X
T O O W M Z R X U I U F T T F L C M A E C W S E
B D K H G Z B R P O I G I L G C H B Q M C G R E
M U H N U N J J S B H F O O R I A F L O N X Q T
Q C A E O K I X V R A I N S N D N T U W L Q M U
Z T H K A W D F D H K E F S N Y G Z E T U E K C
K I Z A M F W T J R G R G G R T E C M W U R O A
G O N A I M R E H T R E P Y H T N A N G I L A M
R N B E G N A H C X E T A E H T N A I D A R R X

Metabolic heat production

Acute ex. Rhabdomyolysis

Convective heat exchange

Conductive heat exchange

Malignant hyperthermia

Evaporative heat loss

Radiant heat exchange

Heat exhaustion

Heat syncope

Hyperthermia

Heat stroke

Heat cramps

Heat stress

Heat index

Heat rash