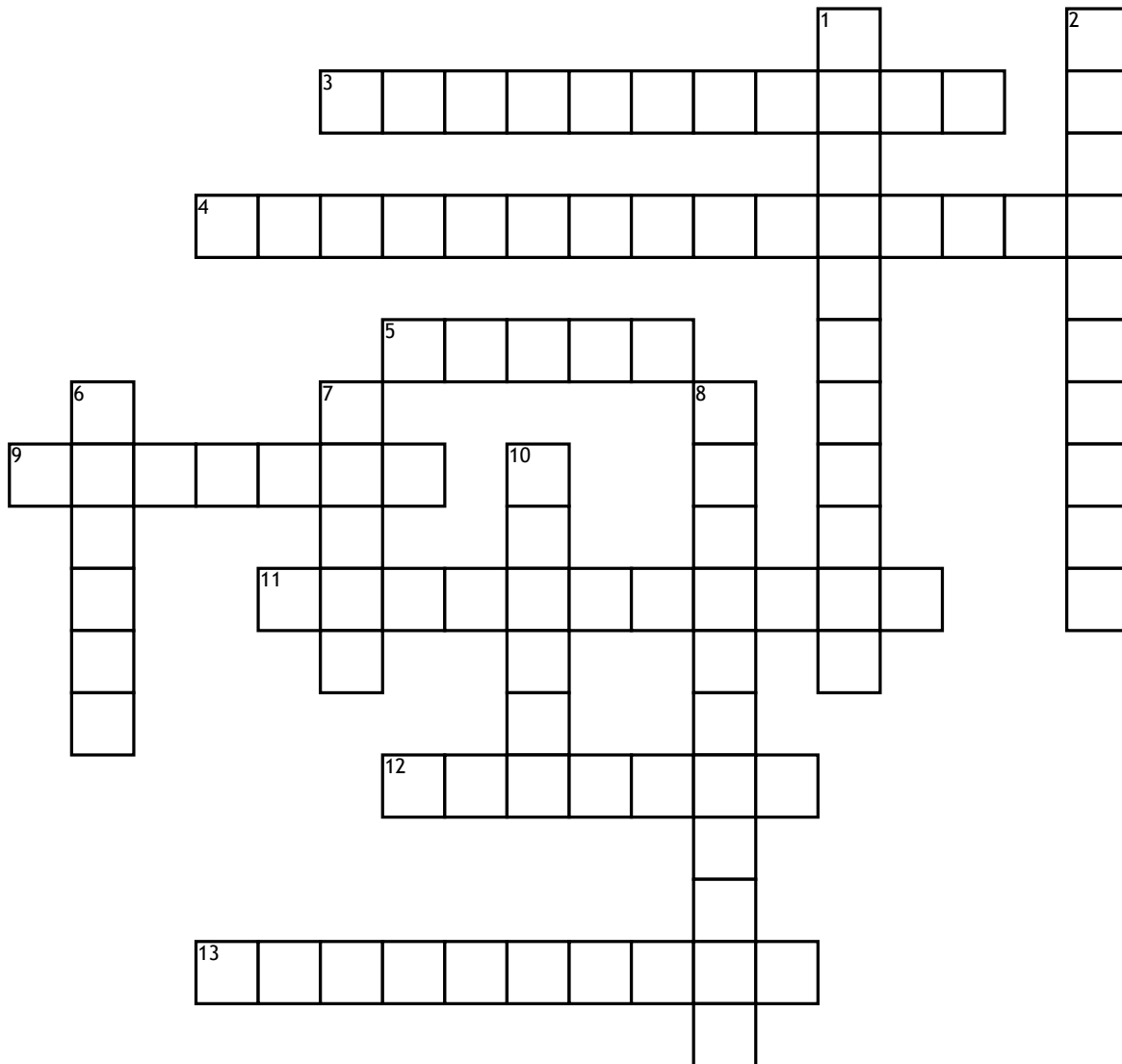


Strength and Conditioning



Across

3. The study of human movement

4. The growth center where new bone cells are formed to increase length of bone (two words)

5. Symphysis/Thin plates of hyaline cartilage separate a disc of fibrocartilage from the bones (singular form of

9. Pulling or stretching force

11. Change in the shape of an object

12. Tendency to resist change in state of motion

13. This type of bone is less compact with high porosity

Down

1. Pressing or squeezing force directed axially through a body

2. The study of the appearance or description of motion

6. The gravitational force that the earth exerts on a body

7. Tendons/Connect muscles to

8. Motion along a straight line

10. The rotary effect of force