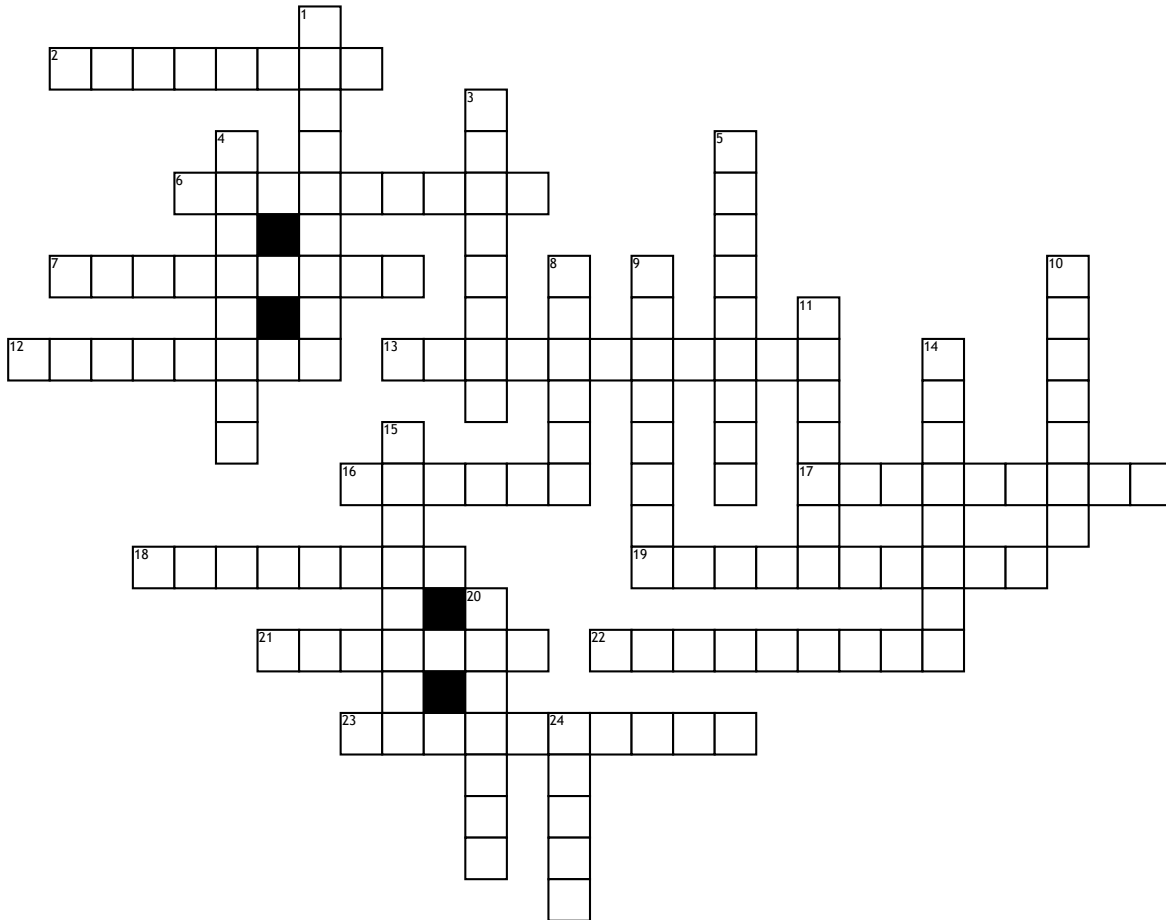


Name: \_\_\_\_\_

# basic athletic training terms



## Across

- 2. higher position
- 6. limb away from body's midline
- 7. rotation of arm or forearm so that the surface faces downwards
- 12. turning outward
- 13. cuts body in upper half/ lower half
- 16. middle
- 17. turning inward
- 18. what is the right and left halves

- 19. rotation of hands upward and downward

- 21. dividing body into front/back portions

- 22. back surface

- 23. cut

## Down

- 1. bruise
- 3. close to point of attachment
- 4. damage to skin but not a laceration
- 5. extending of limb
- 8. located far from point of reference

- 9. creamy joint cracking bones

- 10. long lasting

- 11. bending

- 14. lower position

- 15. blood tumor

- 20. position farther from median plane

- 24. short term