

Name: _____

Date: _____

physical education

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

carbohydrate loading
intrinsic feedback
positive feedback
visual guidance
goal setting

mechanical guidance
mental preparation
positive thinking
verbal guidance
advantages

extrinsic feedback
negative feedback
manual guidance
disadvantages