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Athletic Training Vocabulary

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| **Across**  **5.** Ankle movement bring the foot toward the shin  **7.** The study of human movement  **8.** Moving a body part away from the middle of the body  **10.** The study of structure and form of a body  **11.** Turning the sole of the foot inward  **13.** Farthest away from the centre of the body  **14.** Turning upward  **18.** Bending a joint or decreasing the angle between two bones  **23.** Back or posterior of any structure  **24.** A fluid filled sac that serves as a cushion and reduces joint friction  **26.** A joint between bones  **28.** Refers to the neck; the seven vertebrae  **31.** movement in the anterior direction  **32.** Moving a joint in a circular motion  **35.** Range of motion performed by an athlete  **36.** The bottom or sole of the foot  **37.** A bruise; a closed injury caused by a blow or a crushing of the tissue  **38.** Moement performed by examiner while the athlete relaxes all muscles  **39.** Excessive, forceful flexion of a limb  **40.** Toward the midline of the body | **Down**  **1.** Increase in muscle or tissue size  **2.** Turning the sole of the foot outward  **3.** Away from the midline of the body; toward the side  **4.** A dense, tough tissue that attaches muscles to bone  **6.** Refers to both right and left (on both sides)  **9.** Decrease in muscle or tissue size odten due to lack of use  **12.** Standing, facing forward with arms at sides and palms facing upward; Also called standard anatomical position  **15.** Refers to the upper back; 8th trhough 19th vertebrae  **16.** A method or apparatus used for treatment or therapy  **17.** Excessive, forceful extension of a limb beyond its normal limits  **19.** The study of the functional processes of a body  **20.** Closest to the centre of the body  **21.** Moving a body part toward the midline of the body  **22.** A band of non-elastic, tough connective tissue connecting the ends of bones  **25.** Front or anterior of any structure  **27.** Movement in the posterior direction  **29.** A grating, grinding, or sticking sound or sensation  **30.** Turning downward  **33.** Crescent shaped wedges of cartilage that pad the knee between the tibia and femur  **34.** A collection of blood beneath the skin |