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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 |