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Chapter 7 Vocabulary

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| **Across****1.**  uses the momentum of a moving body or a limb in an attempt to force it beyond its normal range of motion**4.** a form of strength training, aims to prevent injuries before the actual occurrence**8.** regular physical training in aerobic activities over an extended period of time**12.** common practice for increasing range of motion**14.** made up of a motor neuron and the skeletal muscle fibers innervated by that motor neuron's axonal terminals**15.** form of exercise that will allow you to have productive training sessions without having to rely on any equipment at all**16.** capacity of a joint or muscle to move through its full range of motion**18.** waste away, typically due to the degeneration of cells**19.** is a method of increasing the ability of muscles to generate force**20.** form of physical exercise in which a specific muscle is flexed or stretched in order to improve the muscle's felt elasticity**21.** the enlargement of an organ or tissue from the increase in size of its cells**22.** good for rapid movements like jumping to catch a ball or sprinting for the bus**23.** the action of restoring someone to health or normal life through training and therapy | **Down****2.**  involve movement and are usually implemented during an active warm-up for a higher intensity activity**3.** form of body conditioning or resistance training using high-intensity aerobics**5.** in order to improve, athletes must continually work harder as their bodies adjust to existing workouts**6.** provides a variable resistance to a constant limb movement**7.** what you do in the gym should be relevant and appropriate to your desired outcome**9.** process of the body getting accustomed to a particular exercise or training program through repeated exposure**10.** can work for a long time without getting tired**11.** type of strength training in which the joint angle and muscle length do not change during contraction**13.** a stretch is held in a challenging but comfortable position for a period of time, usually somewhere between 10 to 30 seconds**17.** dictates that athletes lose the beneficial effects of training when they stop working out |