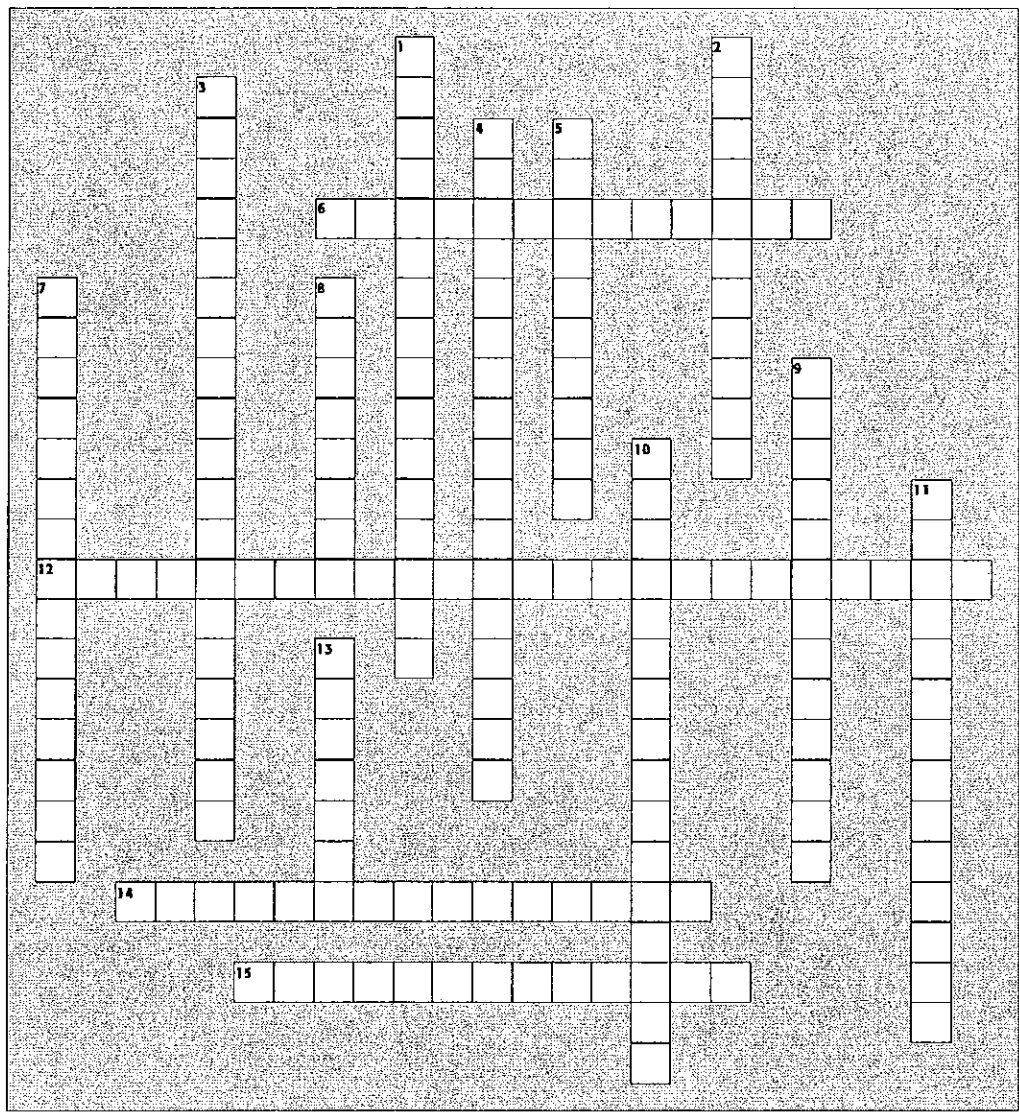


Vocabulary 11

Chapter 11

Directions: Complete the puzzle using the key terms in the chapter.



1st x

Vocabulary 11

Chapter 11

flexibility
range of motion
elasticity
posture
static posture

dynamic posture
hyperflexibility
muscle imbalance
core stability
static stretching

ballistic stretching
reflexes
reflex-assisted stretching
passive stretching
adductor muscles

Across

- 6. the stretching and strengthening of muscles around the spine and pelvic muscles
- 12. includes stretching movements that challenge the reflexes to adapt
- 14. a condition in which one muscle group becomes too strong in relation to a complementary group
- 15. refers to the degrees of motion allowed around a joint

Down

- 1. an excessive amount of flexibility
- 2. a joint's ability to move through its full range of motion
- 3. involves quick up-and-down bobbing movements in which stretches are held very briefly
- 4. a type of stretching against a counter force and in which there is little or no movement
- 5. the ability of the muscles and connective tissues to stretch and give
- 7. the muscles on the inside of the leg that pull the legs together
- 8. automatic responses that your nerves and muscles provide to various movements
- 9. the posture your body exhibits in a resting position
- 10. consists of doing stretches slowly, smoothly, and in a sustained fashion
- 11. refers to the posture your body exhibits while in motion or preparing to move
- 13. refers to the alignment of the body's muscles and skeleton as they provide support for the total body

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1st X