



Name _____

Sprinting Biomechanics Word Search

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

Ground reaction force
 Arm swing coordination
 Stride length
 Stride frequency
 Knee drive

Muscle contraction
 Elastic energy
 Ankle dorsiflexion
 Forward propulsion
 Hip flexion

Hip extension
 Power output
 Foot dorsiflexion
 Core stability
 Fast-twitch fibers

