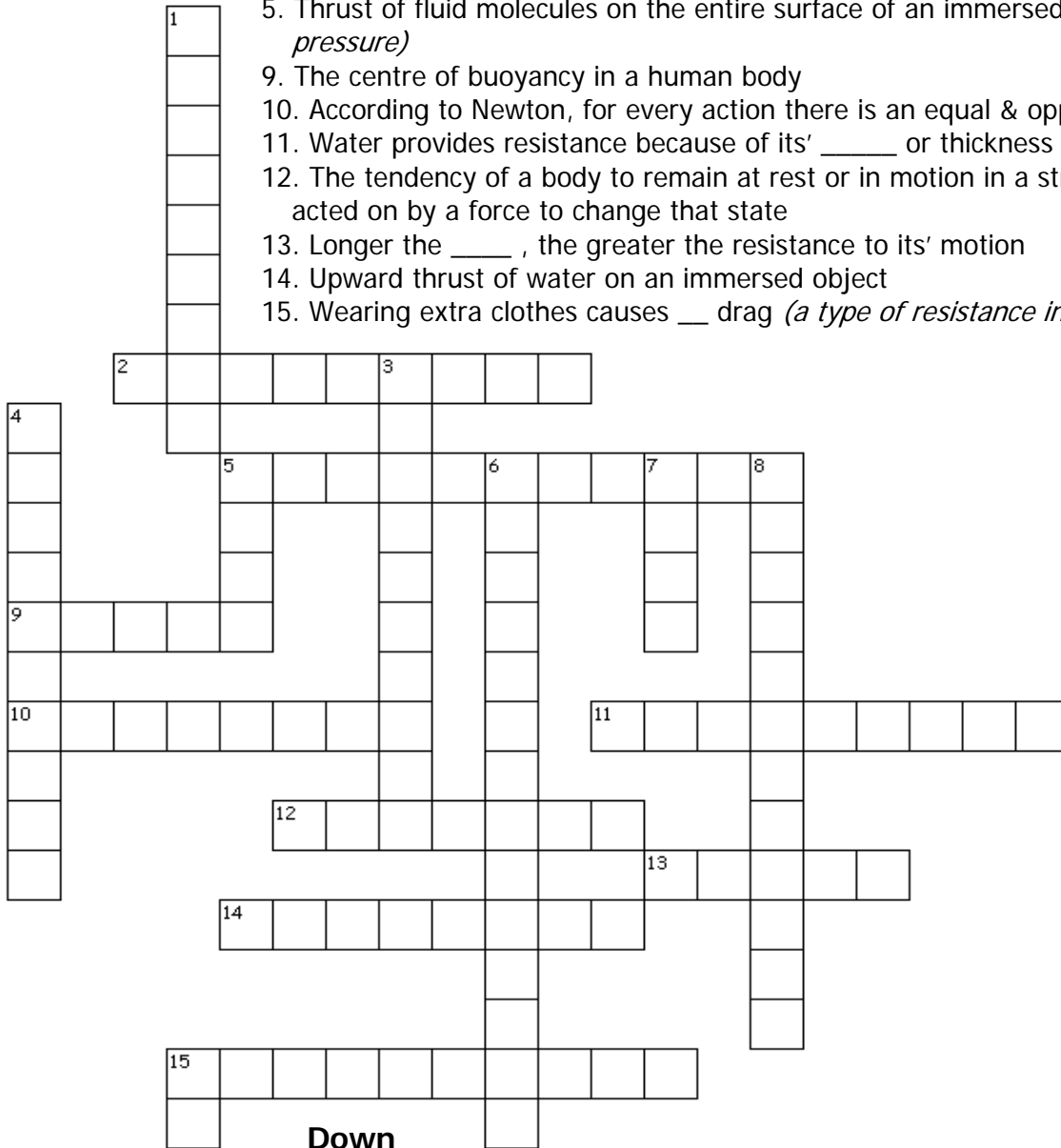




# PHYSICAL PRINCIPLES OF WATER

## Across

2. Pressure of water contributes to the \_\_\_\_\_ of edema
5. Thrust of fluid molecules on the entire surface of an immersed body ( \_\_\_ *pressure*)
9. The centre of buoyancy in a human body
10. According to Newton, for every action there is an equal & opposite \_\_\_\_\_
11. Water provides resistance because of its' \_\_\_\_\_ or thickness
12. The tendency of a body to remain at rest or in motion in a straight line until acted on by a force to change that state
13. Longer the \_\_\_\_\_, the greater the resistance to its' motion
14. Upward thrust of water on an immersed object
15. Wearing extra clothes causes \_\_\_ drag (*a type of resistance in the water*)



## Down

1. The heart's stroke volume increases as one's submersion level \_\_\_\_\_
3. Moving, choppy water with multi-directional force
4. A body will \_\_\_\_\_ in the direction of the force acting on it (*i.e. in water = push harder right, go faster left*)
5. The centre of gravity in a human body
6. Resistance of the water surface on any item entering or exiting
7. Virtually 100% of all muscle contractions in the water are concentric (T/F)
8. Water's heat \_\_\_\_\_ is 240 times greater than air (*cooling off bodies 25 times faster than air*)
15. Resistance related to surface area & shape of object moving thru water

...see trainer for answers