

Fitness for Life
Chapter 2 – Chapter review

- The rules of biology and physics that can be used to prevent injury to your joints are called biomechanical Principles
- Symptoms of frostbite include: skin gray, pain lost, blisters, cold & numb
- Invisible damage to the body resulting from repeating a movement often is a overuse injury.
- Some injuries related to sports and exercise are sprain, twisted ankle, breaks, overuse injury, side stitch
- Numbness, shivering, low body temperature, and confusion are symptoms of Hypothermia.

Next to each number, write the letter of the best answer.

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|-----------------|------------------|--|
| 6. joint | _____ | a connects muscle to bone |
| 7. ligament | _____ | b place where bones connect |
| 8. tendon | _____ | c pain in the lower abdomen |
| 9. side stitch | _____ | d holds bones together at a joint |
| 10. hypothermia | _____ | e body temperature becomes extremely low |

- what are precautions you should take when getting ready to exercise in hot, humid weather? Water, begin gradually, proper clothing, rest often, avoid extreme heat
- What are the guidelines for exercising in wet, cold, or icy weather? Dress up (layers)
- Why are self-assessments important tools when you plan for lifetime activity? Check in to how where body is.
- Explain how to follow the RICE formula when treating a minor injury. r = rest, i = ice, c = compression, e = elevation
- What are some components of the warm-up and cool-down and why are they important? Stretching, heart warm up, safe, prevent injury, performance