

Chapter 2

Getting Ready for exercise

Weather

- A _____ that plays an important role of how and _____ you should exercise
- Hot _____ Weather
 - Be _____ when exercising in humid weather
 - Hyperthermia – _____ – the body temperature continues to rise too high
 - _____ _____ – symptoms are cold, clammy skin and symptoms of shock in warm weather
 - _____ _____ – Collapse or sudden illness with high fever and dry skin from exposure to excessive heat.
 - Begin gradually
 - Drink _____ to help prevent heat stroke and heat exhaustion
 - Wear proper clothing
 - Rest _____
 - Avoid _____ heat & humidity
 - Get out of the heat & cool the body if heat-related injury occurs
- Cold, Windy, Weather
 - _____ – body temperature continues to lower
 - Frostbite – damage to body _____ from the extreme cold
 - Avoid extreme cold & wind
 - Dress properly
 - Several _____ of lightweight clothing rather than one big heavy jacket
 - Avoid exercising in icy or cold, wet weather

Warm-up & Cool Down

- Warm-up
 - Heart warm up at least _____ _____ – several minutes
 - Jogging, slow swimming, slow bicycling
 - Heart warm up _____ and AFTER muscle stretching
 - Few, slow easy movements that are similar to activity
 - Stretch slowly & easily
 - _____ _____ bounce or try to stretch too far
- Cool Down
 - Continue to move for _____ minutes after vigorous activity
 - Muscle stretch can be the same as stretches done after warm-up

Physical Activity & Injury

Common Injuries

- _____, strains
- Blisters, _____
- Cuts, scrapes

More Serious Injuries, but less common

- Joint _____
- Bone _____

Overuse Injury

- Occur when you repeat a movement so much that _____ and _____ occur to your body
 - Blister
 - Shin splint
 - Runners heel

Side Stitch

- Pain in the _____ of the lower abdomen
 - Common among people who are _____ to vigorous activity
 - Continue same activity – slower pace

Microtrauma

- So _____ may not show up on an x-ray
- _____ injury – will not show up for months or years.
- Injuries do not cause immediate _____ or _____, but repeated use, symptoms of the damage eventually appear.

Preventing Injuries

- Start _____
- _____ to your body
- _____ and _____ down after activity
- Be fit
- Use _____
- Dress _____

Ligament

- Made of tough tissue

Tendon

- Tissue that connects _____ to _____

Biomechanical Principles

- Principles of physics and engineering that help living _____ function
- Study of _____ that can help a person _____ the body efficiently and avoid injury.

Hyperflexion

- to bend your joints _____ & _____ your ligaments

Simple Treatment of Minor Injuries

- _____
 - Rest
 - Ice
 - Compression
 - Elevation

****Rice Picture****