Exercising Safely (Ch. 2)

1. Medical Screenings
	1. Get one before you start a
	2. Basic assessment of….
	3. Performed by
2. Environmental conditions can potentially pose ….
3. Does that mean we can’t exercise in heat? \_\_\_\_\_\_\_\_\_
4. Heat and Fluid Balance
	1. During exercise the body…..
	2. To prevent overheating, you \_\_\_\_\_\_\_\_\_
	3. When sweat evaporates, \_\_\_\_\_\_\_\_\_ is released from your body \_\_\_\_\_\_\_\_\_\_\_ your temp
5. Fluid Balance – body’s ability to \_\_\_\_\_\_\_\_\_\_ the fluids taken in and those lost through \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_\_\_ occurs when the body \_\_\_\_\_\_\_\_ to much \_\_\_\_\_\_\_\_\_\_\_ which puts you \_\_\_ \_\_\_\_\_\_\_\_ for heat illness
7. Mild Heat Illness
	1. Heat cramps - \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ resulting from the loss of large amounts of \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_ through perspiration and excretion
	2. Minimized by…….
8. Moderate Heat Illness
	1. Heat exhaustion - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of body resulting in the following symptoms
		1. \_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_ skin
		2. \_\_\_\_\_\_\_\_\_\_\_
		3. \_\_\_\_\_\_\_ pulse
		4. Nausea
		5. \_\_\_\_\_\_\_\_ sweating
		6. Dizziness
		7. Weight \_\_\_\_\_\_
	2. Treatment - \_\_\_\_\_\_\_\_ activity and move person to \_\_\_\_\_\_ place and \_\_\_\_\_\_\_\_ plenty of \_\_\_\_\_\_\_
9. Severe Heat Illness
	1. Heat Stroke – condition in which the body can not \_\_\_\_\_\_ itself of \_\_\_\_\_\_\_ through \_\_\_\_\_\_\_\_\_\_\_
	2. This condition if \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_
	3. Symptoms
		1. very \_\_\_\_\_\_\_ body temp
		2. rapid \_\_\_\_\_\_\_\_
		3. Loss of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
		4. \_\_\_\_\_\_ and \_\_\_\_\_\_ skin
	4. Treatment
		1. CALL \_\_\_\_\_\_\_
		2. Move person to \_\_\_\_\_\_\_ place
		3. Sponge body with \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_
10. Avoiding Heat Illness
	1. Acclimatiztion – allowing the \_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_ slowly to the weather conditions, usually taking \_\_\_\_ to \_\_\_\_ days
	2. Fluid Intake – body can lose up to \_\_\_\_\_\_ liters of water per hour when exercising in hot weather
		1. Before activity drink –
		2. During activity drink –
		3. After activity drink –
	3. Clothing
		1. \_\_\_\_\_\_\_\_\_\_\_\_\_
		2. Cotton to absorb \_\_\_\_\_\_\_\_\_\_ and promote \_\_\_\_\_\_\_\_\_\_\_\_\_
		3. \_\_\_\_\_\_\_\_\_ fitting to allow for….
		4. \_\_\_\_\_\_\_ color
		5. Sunscreen
11. Heat Stress Index – measure of the \_\_\_\_\_\_\_\_\_\_\_ effects of \_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_ on the body, indicates \_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_
12. Exercising in the Cold
	1. Risks associated with extremely \_\_\_\_\_\_\_\_\_\_\_ temps, \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_
	2. Where \_\_\_\_\_\_\_\_\_\_, loose fitting \_\_\_\_\_\_\_\_\_\_\_ and protect the \_\_\_\_\_\_\_\_\_\_\_\_ where a lot of heat is \_\_\_\_\_\_\_\_\_\_\_\_\_
	3. Hypothermia – condition in which the body’s temp \_\_\_\_\_\_\_\_\_\_\_ below \_\_\_\_\_\_\_\_\_\_\_\_\_\_
		1. Can be
		2. Person may act….
	4. Frostbite – tissue damage from \_\_\_\_\_\_\_\_\_\_\_, usually to ….
	5. Windchill – combined influence of
13. Other outdoor concerns
	1. Air pollution
	2. Unleashed dogs
	3. Personal safety
14. Footwear for exercise
	1. Pick shoes designed for
	2. \_\_\_\_\_\_ for basketball
	3. Lightweight shoes with \_\_\_\_\_\_\_\_\_\_\_ for \_\_\_\_\_\_\_\_\_\_\_\_\_
	4. All should have
	5. Pronation – normal motion of the \_\_\_\_\_\_\_\_ as you \_\_\_\_\_\_\_\_ or \_\_\_\_\_\_, the \_\_\_\_\_ striking the \_\_\_\_\_\_\_\_\_ through the normal \_\_\_\_\_\_\_\_\_\_ role of the \_\_\_\_\_\_\_
		1. Body’s weight is
		2. Over and under-pronation put people at risk for \_\_\_\_\_\_\_\_\_
	6. Buying shoes
		1. Seek
		2. Proper \_\_\_\_\_\_\_\_\_\_\_, flexibility, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
		3. \_\_\_\_\_ heel
		4. Half inch from longest toe to …
		5. Try shoes on \_\_\_\_\_\_\_\_\_\_\_\_ you \_\_\_\_\_\_\_\_\_\_
		6. Wear the \_\_\_\_\_\_\_\_\_\_ you would wear during \_\_\_\_\_\_\_\_\_\_\_\_
		7. Remember, your feet…..
15. Preventing Fitness injuries
	1. Biomechanics – the study and application of \_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_
	2. Using \_\_\_\_\_\_ form in \_\_\_\_\_\_\_\_\_\_\_ and walking \_\_\_\_\_\_\_\_\_\_\_\_\_ minimizes risk of \_\_\_\_\_\_\_\_\_\_\_ and stress placed on \_\_\_\_\_\_\_\_\_\_ during \_\_\_\_\_\_\_\_\_\_\_
	3. Good form
		1. Breath
		2. Relax
		3. Hands
		4. Elbows
		5. Stand
		6. Smooth, \_\_\_\_\_ stride with \_\_\_\_\_\_\_\_\_\_\_\_\_ strike
	4. Common injuries
		1. Cuts and scrapes – keep \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_ with…
		2. Bruises
		3. Blisters – caused by \_\_\_\_\_\_\_\_\_\_\_ between \_\_\_\_\_\_ and other \_\_\_\_\_\_
			1. Common when
			2. Avoid by
			3. Treat by
		4. Muscle cramps – painful \_\_\_\_\_\_\_\_\_\_\_\_\_\_
			1. Associated with
		5. Connective tissue injuries – tissues that hold…..
			1. Tendons –
			2. Ligaments –
			3. Cartilage –
		6. Shin splints – \_\_\_\_\_\_\_\_\_\_\_ or inflammations of the \_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_ along the shin bone
		7. Strain
		8. Sprain
	5. Treat injuries with RICE
		1. R
		2. I
		3. C
		4. E