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