

Notebook Assignment #7

Injury Prevention and Risk Management Page:

1. In a complete paragraph explain the three areas of a workout.
2. Create a chart to explain the two following acronyms.
 - FITT
 - RICE
3. If injured, what steps do you take to recovery?
4. On a separate sheet of paper, list and define the five fitness principles. For each principle, describe how they are safely used to prevent an injury.
5. Take a picture or describe an unsafe playing area.