

Student Name:

Injuries and How to Prevent Them

Part A (30 points, 3 per box)

The injuries that people experience often depend on the sports they play and the activities they do. Brainstorm injuries that are commonly associated with the activities shown in the table below. If you are unfamiliar with the activity, brainstorm with classmates, friends, or relatives who do these activities.

ACTIVITY	POSSIBLE INJURIES
Playing volleyball	
Chopping wood	
Mowing the yard	
Skateboarding	
Bicycling/BMX	
Running	
Playing soccer	
Practicing a martial art	
Cleaning leaves out of the roof gutters	
Shoveling snow	

Student Name:

Injuries and How to Prevent Them

Part B (40 points, 5 per injury)

Using reliable, current print or online sources, investigate the causes of the following injuries and ways to prevent them. Reliable online sources include www.webmd.com and www.stopsportsinjuries.org. Record your findings in the table below. (One is done for you.)

INJURY	SIGNS AND SYMPTOMS	POSSIBLE CAUSES	WAYS TO PREVENT
Sprain/Strain			
Bruise			
Cuts/Scrapes			
Blisters			
Muscle cramps			
Nose bleed			
Head injury/Concussion			
Eye injury			
Teeth injury			

Student Name:

Injuries and How to Prevent Them

Part C (30 points, 10 per bullet point)

Using the information you have gathered, make a safety poster for one sport or activity listed in Part A. In your poster, be sure to:

- Mention at least 3 kinds of injuries that can occur in the sport or activity
 - Provide at least one way to prevent each type of injury
 - Make your poster visually interesting by using photographs, illustrations, and/or colorful text.
-