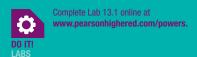
LABORATORY 13.1



Name	Date
Instructor	Section

Preventing Injuries during Exercise

This lab will help you identify and eliminate ways in which your exercise program may cause injuries. The following measures are associated with preventing exercise-related injury. Check those you have incorporated into your exercise program (or into your life in general). For any measure you check "no," write in the space provided exactly what changes you plan to implement to reduce or eliminate the risks associated with that measure.

elin	ninate the risks associated with that measure.		
1.	I always wear the proper shoes for the activity.	Yes	No
	Changes to implement:		
2.	I always perform a proper warm-up before the exercise activity.	Yes	No
	Changes to implement:		
3.	I always stretch the muscles that will be involved in the activity.	Yes	No
	Changes to implement:		
4.	All muscle groups involved in the activity are strengthened and balanced.	Yes	No
	Changes to implement:		
5.	I avoid overstretching my neck and back.	Yes	No
	Changes to implement:		
6.	I avoid extending and rotating my spine.	Yes	No
	Changes to implement:		
7.	I avoid lifting heavy objects.	Yes	No
	Changes to implement:		
8.	I avoid quick, jerking movements.	Yes	No
	Changes to implement:		
9.	My training program has been properly designed.	Yes	No
	Changes to implement:		
10.	I use the appropriate frequency of exercise.	Yes	No
	Changes to implement:		
11.	I use the appropriate intensity of exercise.	Yes	No
	Changes to implement:		
12.	I use the appropriate duration of exercise.	Yes	No
	Changes to implement:		
13.	I use proper exercise techniques.	Yes	No
	Changes to implement:		
14.	I run only on a firm, level surface.	Yes	No
	Changes to implement:		
15.	I include a proper cool-down after exercising.	Yes	No
	Changes to implement:		