

# LABORATORY 13.1



Complete Lab 13.1 online at  
[www.pearsonhighered.com/powers](http://www.pearsonhighered.com/powers).

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.

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: \_\_\_\_\_

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.