



**Health Virtual Learning**

**Chapter 6.3 Fitness Safety**

**Truman High School**

**5/1/2020**



Lesson: 5/1/2020

## Objective/Learning Target:

1. **Apply safe and proper weight lifting techniques.**
2. **Recognize types of back pain and injuries.**
3. **Implement strategies for preventing back pain.**
4. **Apply guidelines to prevent injuries from physical activity.**
5. **Summarize common fitness concerns for women.**

# Getting Started...

- Start slowly
- Don't overdo it
- Warm up and cool down before and after exercising
- Stay hydrated



# Critical Thinking...

*To stay hydrated, would you choose...*

- water?
- soda?
- chocolate milk?
- sports drink?
- energy drink?



# Further Guidelines...

- Use proper equipment for your physical activity
- Follow the rules
- Practice good sportsmanship



# Extreme Weather Conditions

- Heat and humidity

- Try to avoid exercise

- Stay hydrated by drinking water

- Be aware of the signs of heat stroke, dehydration, and heat exhaustion

- Cold weather

- Check the temperature

- Protect your head, hands, feet, and ears with warm clothing

- Stay hydrated

- Know the signs and symptoms of frostbite and hypothermia

# Think Further...

- The temperature was cooler when you came out for a hike, but the day gets very warm by noon, and you've run out of water.

*Should you turn back or keep hiking?*

- Today began like a regular winter day, but the wind chill became worse.

*Should you continue playing hockey or go back inside?*

# Health Concerns for Women

- Female athlete triad
  - Can occur in girls who play sports or exercise intensely
  - A combination of:
    - Disordered eating (avoiding certain foods, eating too few calories, eliminating consumed calories in an unhealthy way
    - Amenorrhea (abnormal absence of a menstrual period)
    - Osteoporosis (weak bones)





# Health and Fitness

- Seek medical attention immediately if you...
- Experience severe pain
- See swelling around a particular part of your body
- Experience pain that makes it difficult for you to engage in normal daily activities, such as walking and sleeping

