

Chapter 4: Sports-Injury Prevention

REVIEW QUESTIONS

1. Differentiate between intrinsic and extrinsic types of causative factors leading to sports injury. Provide several examples of both.

2. List four types of intrinsic factors related to sports injury that a medical doctor might identify during a pre-participation physical examination.

3. What are two disadvantages to using an individual format for a preparticipation physical examination?

4. List the seven components of fitness as described in the chapter.

5. Briefly describe the relationship between volume, intensity, and frequency of training as they relate to periodization.

6. Define the terms *macrocycle*, *mesocycle*, and *microcycle* as they relate to a sports training program.

7. True or False: According to the chapter, athletes, regardless of sport, can benefit from possessing a relatively high level of aerobic fitness.

8. What is the meaning of the acronym ROM.

9. Discuss the advantages and disadvantages of the four categories of stretching exercises.

10. True or False: Athletes in high-risk sports should be informed of the potential hazards and prevention strategies.

11. What injury risk factors may be present in the upper extremity?

12. What injury risk factors may be present in the lower extremity?

13. What are the two basic formats for preparticipation physical exams? Which is the ideal format?

14. What advantages does the “coordinated team approach” have over the personal physician exam?

15. How often should PPEs be completed by athletes?

16. True or False: The dietary habits of any athlete, regardless of sport, have a profound influence on overall performance and on recovery from injury.

17. Why is it important for coaches, administrators, and athletic trainers to monitor extrinsic risk factors for sports injury?

18. True or False: Indoor physical activity does not pose a significant risk for thermal injury.

19. List the primary concerns for safe participation with respect to indoor facilities.

20. True or False: Protective equipment plays a vital role in the prevention of injuries.