

## INJURY PREVENTION AND FIRST AID

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### CHAPTER 15 FITNESS SAFETY PRACTICES

#### ACTIVITIES

- 1 Common Weight-Training Mistakes
- 2 Developing Safety Rules for Small Fitness Equipment
- 3 Evaluating Questionable Exercises
- 4 Design and Implement a Safe and Effective Warm-Up
- 5 Design and Implement a Safe and Effective Cool-Down





**ACTIVITY 1 Common Weight-Training Mistakes**

**Step 1:** Brainstorm the common mistakes people make when working out in a weight-training facility.



**Step 2:** Compare your list with ACE’s top 10 mistakes list. Add any you have missed to your list.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_
6. \_\_\_\_\_  
\_\_\_\_\_
7. \_\_\_\_\_  
\_\_\_\_\_
8. \_\_\_\_\_  
\_\_\_\_\_
9. \_\_\_\_\_  
\_\_\_\_\_
10. \_\_\_\_\_  
\_\_\_\_\_





**ACTIVITY 2 Developing Safety Rules for Small Fitness Equipment**

**Instructions:** Develop a safety checklist or poster for your assigned piece of equipment.

Rules for the safe use of: \_\_\_\_\_





**ACTIVITY 3 Evaluating Questionable Exercises**

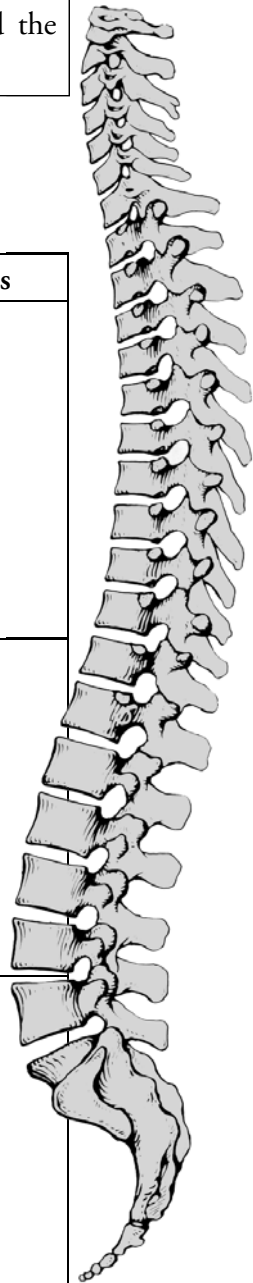
What are the main issues of correct body alignment?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Instructions:** In partners, select one of the exercises listed below. Conduct research to find the information to complete the chart.

One example (duck walks) is given.

Questionable Exercise	Intended Purpose	Potential Harm	Safer Variations
Duck walks	Strengthen hip and knee extensors	Cruciate ligament overstretched; excessive strain on cartilage; potential to fall off-balance and damage soft tissues	Bench stepping Stair climbing Half squats Leg extension machine
Full squat jumps			
Hurdler's stretch			



Questionable Exercise	Intended Purpose	Potential Harm	Safer Variations
Knee stretch/"W" sit			
Sprinters lunge			
Trunk twists with locked knees			
Side bends			
Full head circles			
Sagging push-ups			





Questionable Exercise	Intended Purpose	Potential Harm	Safer Variations
Three-point-stand hip extensions			
Bridge position			
Straight-leg sit-ups			
Double straight-leg raises			
Yoga plow			
Cobra rocker			



**ACTIVITY 4 Design and Implement a Safe and Effective Warm-Up**

What is the value of doing a warm-up?

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What are the parts of the warm-up?



**Warm-up Assignment**

In a group of two or three, plan and lead the class in a 15-minute warm-up. Use of music is optional.

You will receive feedback from your peers based on the attached rubric.

The date of your warm-up is: \_\_\_\_\_

The group you will lead is: \_\_\_\_\_





Examples of activities to plan for each part of an effective warm-up:

Warm-up Component	“Formal” (fitness is the obvious goal)	“Informal” (fun is the main goal; fitness is a by-product)	Sport Using a Ball (e.g., basketball)	Sport Using a Stick (e.g., floor hockey)
<b>WARMING</b>	<ul style="list-style-type: none"> <li>• Jogging/running</li> <li>• “Suicides”</li> <li>• Circuit training</li> <li>• Medicine ball activities</li> <li>• Hi/lo aerobics</li> </ul>	<ul style="list-style-type: none"> <li>• Tag games</li> <li>• Paired challenges</li> <li>• Parachute activities</li> <li>• Games of low organization</li> </ul>	<ul style="list-style-type: none"> <li>• Ball-handling drills</li> <li>• Dribbling around gym</li> <li>• Individual shooting</li> </ul>	<ul style="list-style-type: none"> <li>• Jogging holding stick</li> <li>• Dribbling ball or puck</li> </ul>
<b>MORE:</b>				
<b>LIMBERING</b>	<ul style="list-style-type: none"> <li>• Teacher-led calisthenics (dynamic, not ballistic)</li> <li>• Maintaining a brisk pace</li> </ul>	<ul style="list-style-type: none"> <li>• Circle stretch, each person leads an exercise</li> <li>• Jogging on the spot between exercises</li> </ul>	<ul style="list-style-type: none"> <li>• Using ball to stretch</li> </ul>	<ul style="list-style-type: none"> <li>• Using stick to stretch</li> </ul>
<b>MORE:</b>				
<b>SIMULATION (Skill Rehearsal)</b>	<ul style="list-style-type: none"> <li>• Familiar skill drills specific to the activity that will follow</li> </ul>	<ul style="list-style-type: none"> <li>• Playing with the equipment</li> <li>• Throwing/catching with a partner</li> </ul>	<ul style="list-style-type: none"> <li>• Dribbling and passing drills</li> <li>• Layup/rebounding drill</li> </ul>	<ul style="list-style-type: none"> <li>• Zigzag dribbling around cones</li> <li>• Shooting on goal</li> <li>• Retrieving ball/puck</li> </ul>
<b>MORE:</b>				

