

Teen Health Course 3

Chapter 20 Safety and Emergencies

VIDEO SUMMARY

In the video, you learned about the basic safety issues you should be aware of while exercising. Safety equipment, proper clothing and footwear, and proper technique can help to keep you safe as you improve your fitness. Always follow the recommendations of safety experts to ensure that the activities you do will not cause injury to yourself or others.

[Click here to watch video; 00:05:41](#)



Discussion Questions

1. According to the expert in the video, what basic equipment and clothing do you need to ensure a safe workout?
Non-skid footwear, weather-appropriate clothing, and helmets and protective pads if recommended for the activity.
2. Why should you warm up before a workout and cool down after a workout?
Warming up helps you avoid injuries by getting your body ready for exercise. Cooling down allows your body to slow down gradually until your resting heart rate is restored.
3. What safety precautions should you take when exercising in hot weather? In cold weather?
In hot weather, drink plenty of water and rest frequently. In cold weather, dress in layers and protect your hands, feet, head, and ears from the cold.

Activity

OBJECTIVE

Students will research the history of a sport and demonstrate how it has evolved into a safe form of physical activity.

Skill Summary: Practicing Healthful Behaviors; Advocacy

MATERIALS

- Access to research materials: internet, Encyclopedia, fitness professionals
- Paper and drawing materials

PROCEDURES

1. As a class, brainstorm a list of individual or team sports.
2. Assign groups of 2-3 students to research the origins of the sport and how it has evolved over time. Groups should focus their research on the evolution of rules and safety equipment.
3. Have each group present their findings using timelines or other appropriate visuals.

EXTENSION

Ask groups to develop a new rule or new safety equipment that they believe would improve the safety of the sport.

WEB LINKS AND ADDITIONAL GLENCOE RESOURCES

- Visit TeensHealth.org to find out more about preventing sports-related injuries.
- Visit the National Injury Prevention Foundation at ThinkFirst.org for bicycle safety tips.



Go to [Fitness Zone Online](#) for additional [fitness activities](#), [videos](#), and [podcasts](#).

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After you have watched the video, write your responses to these questions.

1. According to the expert in the video, what basic equipment and clothing do you need to ensure a safe workout? _____

2. Why should you warm up before a workout and cool down after a workout?

3. What safety precautions should you take when exercising in hot weather? In cold weather? _____
