

Name \_\_\_\_\_

## Injuries in Gymnastics: Common Risks and Prevention

### Multiple Choice Questions

1. What is one common risk for injuries in gymnastics?
  - a. Allergies
  - b. Dehydration
  - c. Sprains and strains
  - d. Sunburn
  
2. Which of the following is NOT mentioned as a preventive measure for gymnastics injuries?
  - a. Proper warm-up
  - b. Conditioning
  - c. Wrist and elbow injuries
  - d. Skill progression
  
3. Why is rest and recovery important for gymnasts?
  - a. To watch TV
  - b. To catch up on homework
  - c. To allow the body time to heal and regenerate
  - d. To socialize with friends
  
4. What is the primary purpose of safety equipment in gymnastics?
  - a. To make routines more challenging
  - b. To add extra weight to gymnasts
  - c. To provide additional protection during training and routines
  - d. To make gymnasts look stylish
  
5. Which of the following is NOT a common type of gymnastics injury mentioned in the passage?
  - a. Wrist and elbow injuries
  - b. Back and spine issues
  - c. Eye injuries
  - d. Fractures

