

Name \_\_\_\_\_

## Injuries in Gymnastics: Common Risks and Prevention

### Short Answer

1. Describe one preventive measure mentioned in the passage for avoiding overuse injuries in gymnastics.
2. Why is proper technique and form important in gymnastics for injury prevention?
3. Name one type of safety equipment that gymnasts can use during training.
4. Explain why a thorough warm-up is essential before gymnastics practice.
5. How can strength and conditioning exercises help gymnasts reduce the risk of injuries?

