

Name _____

Injuries in Gymnastics: Common Risks and Prevention

Open-Ended Response Questions

1. Imagine you are a gymnastics coach. Describe a training plan you would create to help your gymnasts prevent injuries. Include warm-up exercises, conditioning routines, and any safety measures you would implement.
2. Discuss the importance of skill progression in gymnastics. How does mastering basic skills before attempting advanced ones contribute to injury prevention?
3. Research and explain one specific overuse injury that gymnasts might encounter. Describe its causes, symptoms, and preventive measures.
4. Reflect on the mental aspect of injury prevention in gymnastics. How can maintaining a positive mindset and managing stress contribute to a gymnast's overall safety?

