

Name _____

Injuries in Gymnastics: Common Risks and Prevention

Open-Ended Response Answer Key

1. Answers will vary but may include specific warm-up routines, strength and flexibility exercises, and safety protocols such as mat placement and spotting techniques.
2. Skill progression in gymnastics ensures that gymnasts have the necessary foundation and strength before attempting more advanced skills, reducing the risk of injuries associated with attempting skills beyond their capabilities.
3. Answers will vary depending on the selected overuse injury. For example, gymnasts might research and describe the causes, symptoms, and preventive measures for stress fractures.
4. Maintaining a positive mindset and managing stress can help gymnasts focus on their training, follow safety protocols, and make better decisions during routines, ultimately reducing the risk of injuries.

