

**2014 RACE TO THE POND**

**PRE-RACE ASSIGNMENT 5% of Grade**

**NAME:** \_\_\_\_\_

**THINKING & INQUIRY /16mks**

1. What is your “goal time” for the 3km run? (3Mks)

BRONZE TIME: \_\_\_\_\_ SILVER TIME: \_\_\_\_\_ GOLD TIME: \_\_\_\_\_

2. What are 3 physical or emotional health consequences of not maintaining a healthy lifestyle? (3mks)
3. Research shows that adolescents who participate in physical activity have higher self-esteem compared to those who don't participate actively. Why do you think that is true? (2mks)
4. Obesity is a serious health concern for Canadian youth.
- a) Why have obesity rates increased over the last 10 years? (2mks)
- b) What do you think can be done to decrease these rates? (3mks)
- c) Obesity is linked to several diseases. List 3. (3mks)

**PART 2 KNOWLEDGE & UNDERSTANDING /52MKS**

5. Using the link below as a resource, research the following common running injuries .

<http://www.runnersworld.com/health/big-7-body-breakdowns?page=single>

**1) Runner's Knee (Patella Femoral Pain Syndrome)**

- a) Explain/Define the injury. (2mks)
- b) Who's at Risk? (2mks)
- c) Can You Run Through it? Explain (3mks)
- d) What can you do to rehab the injury? (3mks)
- e) What can you do to prevent a relapse? (3mks)

**2) Shinsplints**

- a) Explain/Define the injury. (2mks)
- b) Who's at Risk? (2mks)
- c) Can You Run Through it? Explain (3mks)
- d) What can you do to rehab the injury? (3mks)
- e) What can you do to prevent a relapse? (3mks)

**3) Iliotibial Band Syndrom (ITBS)**

- a) Explain/Define the injury. (2mks)
- b) Who's at Risk? (2mks)
- c) Can You Run Through it? Explain (3mks)
- d) What can you do to rehab the injury? (3mks)
- e) What can you do to prevent a relapse? (3mks)

**4)Plantar Fasciitis**

- a) Explain/Define the injury. (2mks)
- b) Who's at Risk? (2mks)
- c) Can You Run Through it? Explain (3mks)
- d) What can you do to rehab the injury? (3mks)
- e) What can you do to prevent a relapse? (3mks)