

## **FSE 5% OF GRADE**

### **RUNNING INJURIES**

/52MKS

#### **STEP 1**

1. Go to my website mrstilson.weebly.com
2. Go to Gr. 11 Weightraining page
3. Click on FSE: Running Injuries
4. Watch the Running Injuries video
5. You can also use the following link as a resource

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

6. Research the following common running injuries and **for each injury** answer the questions:

#### **RUNNER'S KNEE (PATELLA FEMORAL PAIN SYNDROME)**

#### **SHINSPLINTS**

#### **ILLIOTIBIAL BAND SYNDROME (ITBS)**

#### **PLANTAR FASCIITIS**

#### **FOR EACH INJURY ANSWER THE FOLLOWING QUESTIONS**

- a) Explain/Define the injury (2mks/Injury)
- b) Who's at Risk ? (2mks/Injury)
- c) Can you run through the injury/continue training? Explain. (3mks/Injury)
- d) What can you do to rehab the injury? (3mks/Injury)
- e) What can you do to prevent a relapse of the injury? (3mks/Injury)

### **Assessment**

**Runner's Knee                    /13mks**

**Shinsplints                    /13mks**

**Illiotalbial Band Syndrome            /13mks**

**Plantar Fasciitis                    /13mks**

