

## Teacher's Guide

This guide includes:

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## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:  
[nasbe.org/HealthySchools/States/State\\_Policy.asp](http://nasbe.org/HealthySchools/States/State_Policy.asp)



## Grades 9 to 12 • Personal Health Series Sports Safety

Sports participation can help young people stay healthy, set a level of physical activity that lasts for years, learn about teamwork and competition, and build social relationships. But even young bodies have their limits. Help your students understand those limits - how to get a healthy start, compete safely, deal with injuries, and avoid risky behaviors.

## Related KidsHealth Links

### Articles for Teens:

#### Sports and Exercise Safety

[KidsHealth.org/teen/safety/safebasics/sport\\_safety.html](http://KidsHealth.org/teen/safety/safebasics/sport_safety.html)

#### Sports Physicals

[KidsHealth.org/teen/food\\_fitness/sports/sports\\_physicals.html](http://KidsHealth.org/teen/food_fitness/sports/sports_physicals.html)

#### A Guide to Eating for Sports

[KidsHealth.org/teen/food\\_fitness/nutrition/eatnrun.html](http://KidsHealth.org/teen/food_fitness/nutrition/eatnrun.html)

#### Sports Supplements

[KidsHealth.org/teen/food\\_fitness/sports/sports\\_supplements.html](http://KidsHealth.org/teen/food_fitness/sports/sports_supplements.html)

#### Dietary Supplements: Facts vs. Fads

[KidsHealth.org/teen/nutrition/weight/diet\\_supplements.html](http://KidsHealth.org/teen/nutrition/weight/diet_supplements.html)

#### Dealing With Sports Injuries

[KidsHealth.org/teen/food\\_fitness/sports/sports\\_injuries.html](http://KidsHealth.org/teen/food_fitness/sports/sports_injuries.html)

#### Handling Sports Pressure and Competition

[KidsHealth.org/teen/food\\_fitness/sports/sports\\_pressure.html](http://KidsHealth.org/teen/food_fitness/sports/sports_pressure.html)

#### Are Steroids Worth the Risk?

[KidsHealth.org/teen/exercise/safety/steroids.html](http://KidsHealth.org/teen/exercise/safety/steroids.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. Lots of sports rules exist to keep athletes from injuring themselves and each other. What are some examples of these rules? Consider sports like basketball, soccer, football, softball, baseball, and hockey.
2. What can athletes do to help increase their performance and lower their risk of injury? For example, what kinds of foods can help athletes compete at their best? How might athletes prepare for competition to reduce the risk of injury?
3. What unhealthy things do some athletes do to improve their performance? Why do you think some athletes take these harmful steps?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Get on the Ball

#### Objectives:

Students will:

- Research all of the factors that contribute to healthy sports participation
- Create a poster that identifies the most important points for their peers

#### Materials:

- Poster board
- Pens or paints
- Computer with Internet access and printer, or old magazines
- Tape or glue

#### Class Time:

45 minutes

#### Activity:

Your school board has asked you to create a sports safety poster that can be displayed in the halls. Using poster board and whatever materials you like, make a poster for the athletes in your school. Remind them that sports health happens before, during, and after the competition:

- Before: paying attention to diet, training, and sports physicals
- During: using protective equipment, staying hydrated, and following the rules
- After: treating any injuries

#### Extensions:

1. You've made a poster with a positive theme. Now try a warning theme. What happens to athletes who don't focus on health before, during, and after sports? Warn your peers about some of the common injuries that might happen if they don't take care of themselves.
2. Coaches and parents play a big role in supporting healthy habits. Parents do the food shopping and cooking, coaches oversee training and competition, and both groups affect an athlete's desire to perform well and win. On a piece of paper, list three poster ideas for parents and three for coaches.



## Keep Sports Healthy

### Objectives:

Students will:

- Identify the unhealthy habits that some athletes adopt and find healthy alternatives
- Consider the triggers for these unhealthy behaviors and how to avert them

### Materials:

- Dos and Don'ts handout (available at: [KidsHealth.org/classroom/9to12/personal/safety/sports\\_safety\\_handout1.pdf](http://KidsHealth.org/classroom/9to12/personal/safety/sports_safety_handout1.pdf))
- Computer with Internet access

### Class Time:

15 minutes

### Activity:

Sports and exercise can change people's bodies. Depending on the sport and training, people might get stronger, faster, heavier, or thinner. Some athletes push their bodies in unhealthy ways. They lose weight, bulk up, or boost their strength or endurance too quickly. To help athletes stay healthy and avoid harmful habits, use the Dos and Don'ts handout to make a list of five things athletes should do and not do when training for these sports: running, football, cheerleading, and gymnastics.

### Extension:

1. For each sport, list some of the health problems that athletes can experience if they "do the don'ts."

## Reproducible Materials

### Handout: Dos and Don'ts

[KidsHealth.org/classroom/9to12/personal/safety/sports\\_safety\\_handout1.pdf](http://KidsHealth.org/classroom/9to12/personal/safety/sports_safety_handout1.pdf)



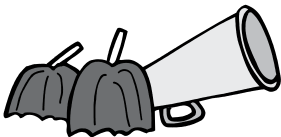
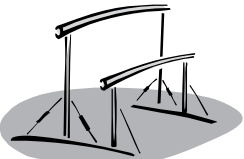


Name:

Date:

## Dos and Don'ts

Instructions: Offer five things that athletes should do and not do when they're training for each of the sports listed.

	DO	DON'T
 Running		
 Football		
 Cheerleading		
 Gymnastics		