

CHAPTER 10	Thought Lab 10.2 : Injuries Related to Athletics Answer Key	BLM 10.2.1A
ANSWER KEY		

Answers to Analysis Questions

1. Answers will depend (a) on the injury selected and (b) the medium used to outline the cause, treatment, and prevention of this injury.
2. “No pain, no gain” is a dangerous misconception. Moderation is important, as most athletic-related injuries result simply from the overuse of muscles. In addition, pain is one of the key ways that the body signals that something is wrong.