Teacher Answer Key

Case Study

1. She skipped rest, overtrained, ignored warning signs, leading to a stress fracture; a balanced schedule and early intervention would have helped.

2. Adding rest days, listening to her body, improving running form, and cross-training to reduce repetitive stress allowed her healthier progress.

Multiple Choice

1. D

2. A

3. B

Matching

1-D, 2-E, 3-B, 4-C, 5-A

Fill-in-the-Blank

1) form, 2) rest, 3) injuries

Short Answer (Sample Responses)

Q1: They might view rest as lost training time, but lack of recovery can cause fatigue, reduced performance, and injury.

Q2: It allows the body to develop other muscle groups, decreases repetitive strain, and can improve overall fitness.

Q3: They should stop high-intensity activity, consult a coach or medical professional, and follow recommended treatment.