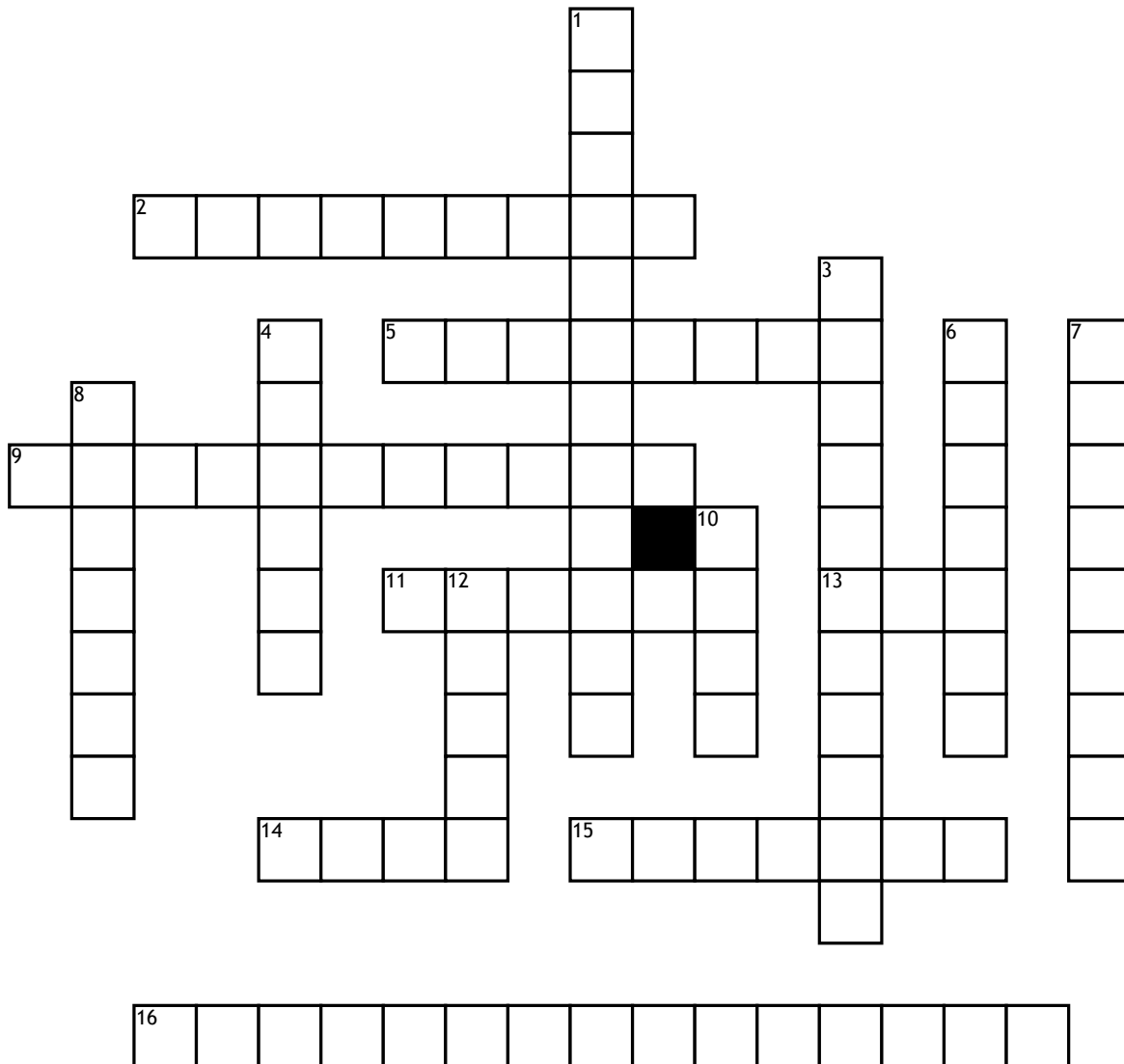


Sports Injuries



Across

2. This individual variable can be caused due to not eating enough food.
5. This helps to speed up the removal of lactic acid.
9. This is the type of stretch you would do as part of a cool down.
11. You should complete this before you do exercise to prevent injury.
13. Which type of diabetes is genetic?

14. You would use this method to treat a soft tissue injury such as a strain/sprain.
15. This type of injury is due to overuse.
16. This component of a warm up includes change of direction at speed.

Down

1. This is when sugar levels drop too low and can affect someone with diabetes
3. This is an extrinsic factor linked to weather.

4. A symptom of this condition could be coughing and wheezing.
6. This is a psychological factor that could cause worry and lead to an injury.
7. This part of the EAP involves a first aid kit.
8. This is the primary response to an acute injury.
10. This type of fracture breaks the skin.
12. This type of injury is caused by a sudden trauma.