Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Environmental Conditions**

Goal: Explain how environmental conditions play a role in sports performance and explain how to treat these conditions

Research the following conditions and fill in the table below:

|  |  |
| --- | --- |
| **Hyperthermia** | Define/Causes |
| Symptoms | Treatment |

|  |  |
| --- | --- |
| **Heat Cramp** | Define/Causes |
| Symptoms | Treatment |

|  |  |
| --- | --- |
| **Heat Exhaustion** | Define/Causes |
| Symptoms | Treatment |
|  | |
| **Heat Stroke** | Define/Causes |
| Symptoms | Treatment |

|  |  |
| --- | --- |
|  | |
| **Hypothermia** | Define/Causes |
| Symptoms | Treatment |

|  |  |
| --- | --- |
| **Frostbite** | Define/Causes |
| Symptoms | Treatment |

1. What are three ways an athlete can reduce the risks of getting a heat related illness?
2. What are three ways an athlete can reduce the risks of getting a cold related illness?