

Mt. Eden High School



P.E Make-up #10

Name: _____

Period: _____ Roll # _____

Teacher: _____

Protecting Your Knees

Health knees are important, especially for active people. While the knee is not the most frequently injured joint, knee injuries are often more severe than those of other joints. Overuse or misuse of your knees may cause enough pain to interfere with your lifestyle. The knee joint is mostly supported by ligaments which hold the bones of the leg and knee in place. Much of your knee's stability and function depend on these ligaments. Over stretching or tearing a ligament in the knee joint is one of the most common knee injuries. These types of injuries are usually cause by activities with lots of stopping, starting, and twisting.

1. The knee joints are mostly supported by? _____

2. What kind of activities causes knee injuries? _____

3. Name two sports/activities where knee injuries are common _____

Aerobic Activity: Do 3 days of 20 minutes of aerobic activity

<u>DATE</u>	<u>ACTIVITY</u>	<u>TIME</u>
1. _____	_____	_____

2. _____	_____	_____
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3. _____	_____	_____
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Strength Activity: For strength development do **4 separate days** of the following:

A. 15 push-ups & 30 sit-ups

Circle the days you complete push-ups and sit-ups

Fri. Sat. Sun. Mon. Tues. Wed. Thurs.

PARENT SIGNATURE _____

DATE: _____