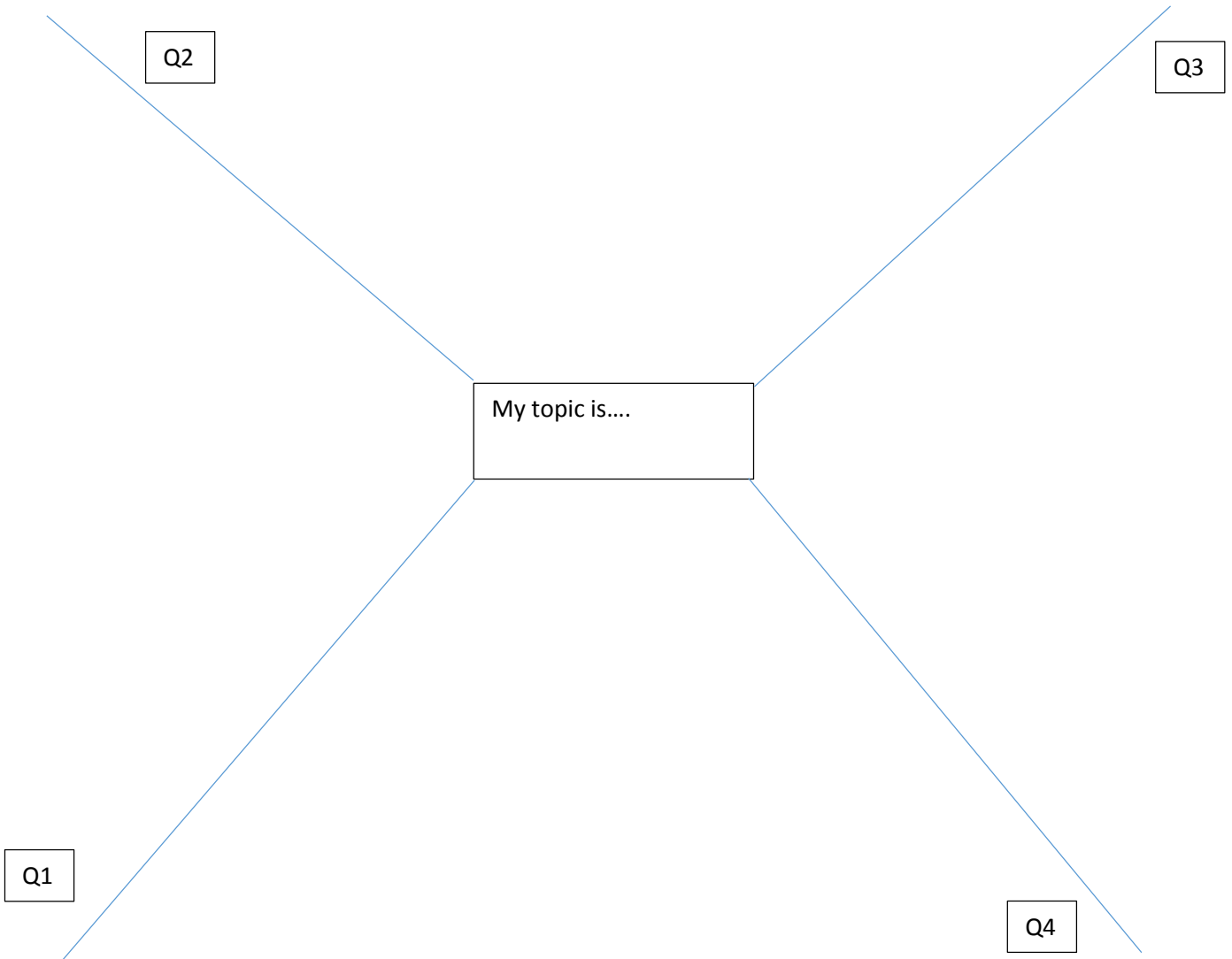


**Name:**

**Task 2.1 – Read the task on the board**

Type of activity	Coaching/supervision	Environmental Factors	Equipment	Safety Hazards

**Task 2.2 – How does your physical preparation factor influence injury?**



## Subject Expert Opportunity

Write down as much information as possible when the subject expert is speaking:

Training	
Warm Up	
Cool Down	
Fitness Levels	
Overuse	
Muscle Imbalances	



2.3 Note taking – use the chapter of the book and make notes on each of the topics below:

1. Motivation

2. Aggression

3. Arousal and anxiety