

Healthy Living 1200  
Unit1: Portfolio Assignment 7  
“The Prevention and Care of Hockey Injuries”p.64 of the text.

1. What does the acronym R.I.C.E mean? Write out the meaning for each letter.

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2. Why is good hygiene an important consideration when playing hockey?

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3. Why do you think the sport of Hockey has more injuries than any other sport? Explain.

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4. List 5 common injuries that you think would occur often in Hockey.

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5. What are some ways that injuries can be prevented in Hockey. Explain.

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