

## CHAPTER 6 WORKSHEET

### Selecting and Using Protective Sports Equipment

**MATCHING:** Match each item with the appropriate response.

- |  |   |
|--|---|
| _____ 1. Off-the-shelf equipment         | a. Devices used to correct biomechanical problems that exist in the foot                                    |
| _____ 2. Direct contact/collision sports | b. Devices that protect the face and nose   |
| _____ 3. Facemasks                       | c. A device used to protect the MCL of football linemen   |
| _____ 4. Orthotics                       | d. A device used to decrease the risk of concussion   |
| _____ 5. Heel Cup                        | e. Football, hockey, and lacrosse   |
| _____ 6. Protective Knee Brace           | f. A device used after surgical repair of the knee  |
| _____ 7. Intraoral Mouth Guard           | g. A device used to compress the fat pad and add cushioning to help alleviate symptoms of plantar fasciitis |
| _____ 8. Rehabilitative Knee Brace       | h. Pre-made and packaged products, includes ankle braces and neoprene sleeves                               |

**SHORT ANSWER:** Answer the following questions with a brief response.

9. Which organizations are responsible for the regulation of football helmets and hockey helmets?
10. What type of material should lenses, face shields, and protective goggles be made of for maximal protection?
11. Which two sports have the highest incidence of ear injuries?
12. What is the difference between off-the-shelf protective equipment and custom protective equipment?
13. Why should athletes wear intraoral mouth guards?
14. What two measurements must be considered when fitting shoes?
15. What is the purpose of sports bras?

**LISTING:** List four ways that individuals can decrease the possibility of sport related injuries and lawsuits related to equipment.

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List the steps in properly fitting a football helmet.

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**ESSAY:**

30-36. Discuss the guidelines that should be followed with regards to purchasing and reconditioning football helmets.

37-42. Discuss differences between tennis, aerobic, and running shoes.