Name: _____ **Date:** _____

Video Discussion Questions

"The *Scope* 5: Sports Safety"

1. Choose one piece of advice presented in the video. Aside from injury prevention, in what other ways might a young athlete benefit from following that advice?

2. According to the article "Playing With Pain," what might get in the way of a young athlete following the video's final tip about speaking up?

3. The first tip is to "mix it up." What information in "Playing With Pain" could be used to support that piece of advice?

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