

NAME: _____

CHAPTER 6 WORKSHEET

ENVIRONMENTAL CONSIDERATIONS

MATCHING – Match the following terms with the appropriate response.

- | | |
|--------------------------------|---|
| _____ 1. Acclimatization | A. Affect biological time clock |
| _____ 2. Chilblains | B. Thermoregulatory failure |
| _____ 3. Circadian Dysrhythmia | C. Caused by combustion of fossil fuels |
| _____ 4. Frost Nip | D. Adapting to an environment |
| _____ 5. Heat Exhaustion | E. Sunlight acts on nitrogen dioxide and stagnant air |
| _____ 6. Heat Stroke | F. Measures heat and humidity |
| _____ 7. Mountain Sickness | G. Exposure to cold for many hours; skin is red and swollen |
| _____ 8. Photochemical Haze | H. Exposure to cold; skin is firm with cold, painless areas |
| _____ 9. WBGT | I. Profuse sweating, excessive thirst |
| _____ 10. Smog | J. Headaches, vomiting, insomnia |

SHORT ANSWER – Respond to the following with a brief response.

11. Heat is dissipated from the body through what four mechanisms? _____

12. What factors influence the effectiveness of sweat evaporation? _____

13. What characteristics/attributes of an athlete can make them more susceptible to heat illnesses? _____

14. What factors play into the development of *hypothermia*? _____

15. Describe the difference between *superficial frostbite* and *deep frostbite*? _____

16. What signs and symptoms may be present when an individual works out in a *high ozone environment*? _____

17. Who might suffer adverse effects of working out in air that is high is *sulfur dioxide*? _____
18. What is *altitude illness/sickness*? _____

LISTING – List six actions that can be taken to *prevent heat illnesses* in athletes.

- 19. _____
- 20. _____
- 21. _____
- 22. _____
- 23. _____
- 24. _____

List six things you can do to adapt to *time-zone changes*.

- 25. _____
- 26. _____
- 27. _____
- 28. _____
- 29. _____
- 30. _____

ESSAY

31. What effect does *altitude* have on performance and how does the body of a visitor try to adapt? _____

32. What guidelines should be followed in regard to *lightning* and outdoor sports? _____

33. Explain what the *WBGT* is and how a *wet bulb temperature*, *dry bulb temperature* and *globe temperature* come into play.
