# Environmental Conditions

Environmental conditions play a major role in the body’s physical and physiological response to move, to support, and to have homeostasis of the body.

**Essential Question(s):**

1. Elements that contribute to heat related illness.
2. What are specific signs and symptoms of heat related illness?
3. What is the muscular system response to heat related illness?
4. Does heat related illness occur in the cold temperature environment?

# Student Objective(s):

* I will identify the signs and symptoms of each heat related illness.
* I will identify and define terms related to heat illness.
* I can discuss methods to prevent or to minimize the effects of environmental conditions.
* I can demonstrate how to cool the body once determined someone is suffering a heat related illness.

# Vocabulary Terms:

|  |  |  |  |
| --- | --- | --- | --- |
| convection | Evaporation | Heat cramps | Heat exhaustion |
| Heat stroke | Humidity | psychomotor |  |
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**Key Concepts:**

* To remain healthy, muscles must be regularly exercised, properly hydrated, and properly supported.

# Test Preparation/Competency Checklist:

* + **Identify** the three types of heat related illness.
  + **Describe** the three types of heat related illness.
  + **Describe** the distinguishing features of each of the three heat related illness’.

# I can Statements:

|  |  |  |  |
| --- | --- | --- | --- |
| **Self Evaluation** | | | **I Can Statements Date:** |
| I got it!  ☐ | Sort of got it  ☐ | I didn’t get it  ☐ | I can …….. |
| Evidence to support statement…… | | | |
| **Self Evaluation** | | | **I Can Statements Date:** |
| I got it!  ☐ | Sort of got it  ☐ | I didn’t get it  ☐ | I can …….. |
| Evidence to support statement…… | | | |
| **Self Evaluation** | | | **I Can Statements Date:** |
| I got it!  ☐ | Sort of got it  ☐ | I didn’t get it  ☐ | I can …….. |
| Evidence to support statement…… | | | |
| **Think About It!** | | | It is a hot dry day in August. Football practices are going twice a day. What are all the steps the athletic trainer should take to prevent heat illnesses in practice? |
| I got it!  ☐ | Sort of got it. (resource helped me.)  ☐ | I didn’t get it  ☐ | I can …….. |
| Evidence to support statement…… | | | |
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