

TASK REVIEW

AMATEUR RUNNING WORKOUT/PAIN/INJURIES || SECTION AC

TASK: KEEPING TRACK OF RECENT WORKOUTS TO REFLECT ON OWN ATHLETIC ABILITY AND GOALS

Ash is a 13-year old who wanted to get more involved at his middle school, so he joined the cross country team. At his first day of practice, he hears his new teammates talking about their workouts. Giovanni says he's happy he ran his first 6 minute mile, and his teammates congratulate him. Ash realizes he doesn't know how long it takes him to run a mile, and he feels left out. He decides to start keeping track of his time and distance for each workout, so he can develop a better understanding of his abilities and talk to his teammates about his own running progress. Now that he can analyze his pace and mileage, he feels like he is better integrated with his team and can form more specific goals for his season.

TASK: DECIDING WHETHER TO GET TREATMENT FOR AN INJURY

Misty is a senior oceanography major at the University of Washington who has been running on and off since high school. She likes to run in the mornings with her friend, Starmie; they like how it helps them set a productive tone for the day. Over the last week, they've done a couple of particularly intense hill workouts, and Misty has noticed a twinge of pain in her ankle that sticks around for the first few miles of each run. She continues running over the next few days, but eventually her ankle starts hurting for several hours after the workout ends. She resolves to get some treatment for her pain, so she asks Starmie whether she knows any good physical therapists in the area.

TASK: SEEKING INFORMATION ABOUT AN INJURY ONCE PAIN DEVELOPS

Brock is a 24 year-old genome sciences graduate student who has been a regular runner for the past year. He usually runs three or four times per week at the IMA in the morning before heading to lab. Though he is always careful to follow best practices for injury prevention, such as stretching regularly and not over-exerting himself, he begins to develop pain along his shins. Having not experienced this before, Brock realizes that he needs to seek more information to better understand this pain. After doing some research, he finds that he likely has shin splints and decides to follow the suggestion of taking a break from running.

TASK: EDUCATING SELF ABOUT POTENTIAL INJURIES AND PREVENTION STRATEGIES

Jessie is a University of Washington freshman who recently began running regularly. She was a competitive swimmer in high school, so she understands how important correct strengthening and stretching techniques are for injury prevention. However, being new to running, she doesn't know what she should be doing to prevent injuries related to her new exercise routine. After learning about common injuries in runners, Jessie finds strengthening and stretching exercises for injury prevention to incorporate into her warm-up and cool-down.

TASK: SHARING ADVICE ABOUT RUNNING/WALKING

James is the captain of the track and cross country teams at Kanto High School. He considers himself to be knowledgeable about fitness, particularly as it relates to distance running, so he enjoys helping new athletes at the beginning of the season. His love of distance running and his desire to help his fellow teammates has even earned him the nickname, "Good Guy James." At the beginning of the cross country season, he develops workout routines and finds routes which he believes will be helpful for new runners. He shares this information with his team and many of the freshmen are thankful for the warm welcome.

TASK: SHARING ACTIVITY HISTORY WITH A PROFESSIONAL

Meowth is a 34-year old runner seeing a physical therapist for pain in their lower legs. Meowth has never been to physical therapy before, but this is the most severe pain they have experienced in their amateur running career. During their first visit, the physical therapist needs to gather information to diagnose the injury. She asks Meowth information about their activity history, including what exercises they has been doing and how long their lower legs have been hurting, which they shares gladly. The physical therapist uses this information to create a treatment plan, helping Meowth recover as quickly as possible.