

# Skin and Sports Trainer

Lesson Title: Skin and Sports

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Name: \_\_\_\_\_



Assigned Sport: \_\_\_\_\_

Which environmental or physical agents can create problems for players of this sport? (Check all that apply.)

moisture     friction     sun     water     cold

What types of skin problems can result?

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What equipment used in this sport can potentially harm the skin?

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What should players of this sport do—and not do—to protect their skin?

DOs	DON'Ts