

Name: _____ Date: _____

Title: Assignment - Comprehension Cloze - Sports

1 There are many types of sports injuries - injuries that occur in
athletic activities. In many cases, these types of injuries are often
due to overuse of a body part. For example, runner's knee is a
(1)_____ condition generally associated with running. These
5 type of injuries are usually characterised by a sprain or fracture, or
a (2)_____ ligament or tendon. Another type of sports injury
caused by (3)_____. These are caused by a hard contact
with something. Such injuries may result in a bruise, a fracture or a
10 broken (4) bone. The more serious injuries are those in which the
sportsman suffers a concussion.

In order to (5)_____ sports injuries, it is essential that
sportsmen engage in a warm-up programme. An effective warm-
up consists of a heart riser to get the pulse up, followed by
15 (6)_____ to loosen the muscles.

In addition to the warm-up programme, it is important to be
equipped with proper equipment and (7)_____ sportswear to
20 reduce the risk of injury.

Doctors also warn that fatigue can be a factor in sports injury.
When the mind or body of an athlete is very (8)_____, one's
reaction becomes slower and it is more difficult for the body to
protect (9)_____. Therefore it is important that one should
25 be aware of this danger when one gets fatigued. It might be
better if the athlete (10)_____ the activity or get themselves
substituted.



1 Understanding an injury and being (11)_____ to react to it
in an appropriate manner can help an athlete to (12)_____
with the problems that naturally come along with the injury. Of
course, the support of understanding team mates, family and
5 (13)_____ is also vital for a speedy recovery. Nevertheless,
sympathy from the athlete's social circle should not be overdone, as
this could damage the athlete's self-respect and (14)_____ to
a slower recovery progress. Finally, it is the athlete's attitude toward
the sport and his reaction towards injury that will (15)_____
10 how fast he can get back to the playing field again.

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1 1. painful

2. torn

3. impact

4. bone

5 5. prevent

6. stretching

7. proper

8. tired

9. itself

10 10. stops

11. able

12. cope

13. friends

14. lead

15 15. determine

20 _____

25 _____

30 _____



