



Knowledge Check #7: Joint Health (Grades 9-12)

1. What purpose does the meniscus serve in the knee joint? What does fibrocartilage do for ball-and-socket joints?

2. What is one of the responsibilities of the anterior cruciate ligament (ACL)? Why is it injured so frequently in athletes?

3. What are 3 things you can do to protect your joints?

4. True or False. Over-training can cause long-term damage to joints, so take adequate rest breaks.

5. A ligament sprain or tear typically occurs when the joint _____.

- a. Is hit hard
- b. Does not move for a long time
- c. Moves beyond the normal range of motion
- d. Deforms due to a separation of the bones

6. Which type of joint injury worsens over time with poor exercise technique and dysfunctional movement?
