**Sports Medicine**

Area of Interest: Does Cross-Fit Lead to Injury?

Objective: Read the article titled, “Does Cross-Fit Lead to Injury. Afterward, find at least 2 other articles from valid sources related to Cross-Fit and its benefits or lack of benefits. All sources must be cited in APA format. Please type your answers and submit as a google doc once finished.

1. What exactly is cross-fit?

2) If you were an athletic trainer, would you recommend cross-fit? If so, how many times each week should your client use it? With what equipment? Where?

3) Would any special recommendations need to be met (i.e. nutrition and diet, etc.)? Be specific.

4) Does cross-fit offer any special benefits that other programs do not offer? If so, please describe them. If not, please negate the claims that the program is more beneficial than others.

5) After reading three articles related to cross-fit, do you hope to one day try it for yourself? Why or why not?

6) After reading three articles related to cross-fit, I still wonder about….

\*NOTE: You must find at least 2 other articles from valid sources related to Cross-Fit and its benefits or lack of benefits. All sources must be cited in APA format.