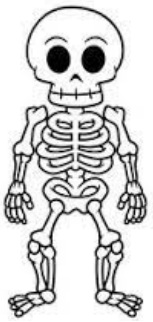
Case Study 1

Trina is in the school rugby team. She is in the starting side, but sometimes gets tired and can't tackle after the first 10 minutes. Is resistance training important for Trina? Why? Place her on the continuum.



Case Study 2

Justin has had three broken bones in the last four years of school! One when he fell off his scooter, one when he tripped playing tips at school, and the other when he dropped a plant on his foot – ouch! Is resistance training important for Justin? Why? Place him on the continuum.



Case Study 3

Luca has just started playing mixed netball on a Wednesday night with their friends. They have noticed that the movements of the game are causing soreness in their joints. Is resistance training important for Luca? Why? Place them on the continuum.



Case Study 4

Ally likes to go grocery shopping with her dad on the weekend. Although, carrying the bags to the car and then inside is sometimes a challenge for Ally! Is resistance training important for Ally? Why? Place her on the continuum.



Case Study 5

Since starting high school, Serge has been feeling a bit sad at times and has been doubting his own abilities at school. Is resistance training important for Serge? Why? Place him on the continuum.



Case Study 6

Jay's family have just been in for their yearly check-up at the doctor. Whilst there, Jed's mum was told that she needed to keep an eye on her heart health as there is a family history of cardiovascular disease. Is resistance training important for Jay? Why? Place her on the continuum.

