

**Module 2: Physical Training Fitness Principles**  
**Topic 4 Content: Causes of Fatigue**

**Introduction**



**Causes of Fatigue**

There are many factors that can cause fatigue, both mental and physical. How many causes of fatigue can you identify? Click **NEXT** to review possible causes of fatigue and determine which ones you should be aware of if you ever experience physical and/or mental exhaustion.

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## Module 2: Physical Training Fitness Principles

### Topic 4 Content: Causes of Fatigue

#### Can You Identify Causes of Fatigue?

Check all of the boxes that represent a cause of fatigue. Click **SUBMIT** to check your response.

<input type="checkbox"/> Lack of sleep	<input type="checkbox"/> Emotional stress
<input type="checkbox"/> Poor physical conditioning	<input type="checkbox"/> Poor vision
<input type="checkbox"/> Sudden weight loss	<input type="checkbox"/> Depression
<input type="checkbox"/> Improper diet	<input type="checkbox"/> Certain diseases
<input type="checkbox"/> Physical overexertion	<input type="checkbox"/> Regular exercise

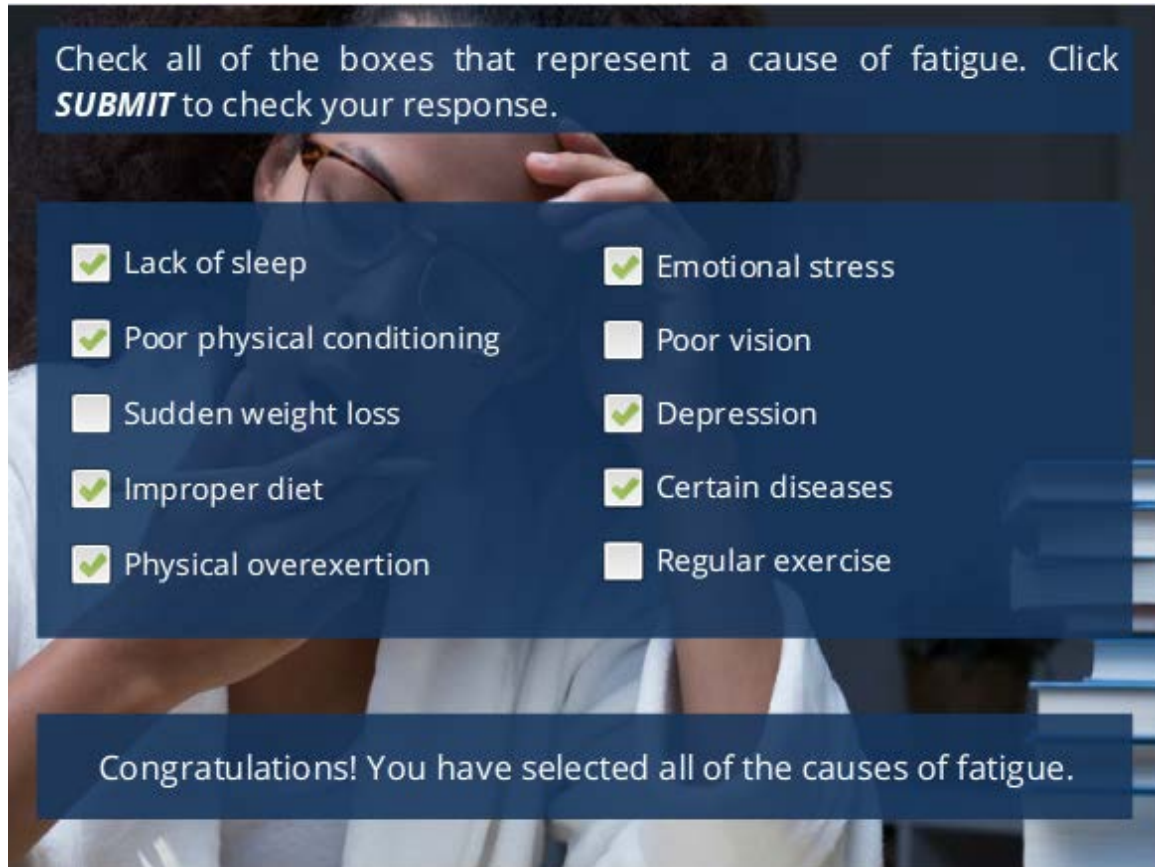
Check all of the boxes that represent a cause of fatigue. Click **SUBMIT** to check your response.

- |   |   |
|---|---|
| <input type="checkbox"/> Lack of sleep              | <input type="checkbox"/> Emotional stress |
| <input type="checkbox"/> Poor physical conditioning | <input type="checkbox"/> Poor vision      |
| <input type="checkbox"/> Sudden weight loss         | <input type="checkbox"/> Depression       |
| <input type="checkbox"/> Improper diet              | <input type="checkbox"/> Certain diseases |
| <input type="checkbox"/> Physical overexertion      | <input type="checkbox"/> Regular exercise |

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### Topic 4 Content: Causes of Fatigue

#### Correct Causes of Fatigue



Check all of the boxes that represent a cause of fatigue. Click ***SUBMIT*** to check your response.

<input checked="" type="checkbox"/> Lack of sleep	<input checked="" type="checkbox"/> Emotional stress
<input checked="" type="checkbox"/> Poor physical conditioning	<input type="checkbox"/> Poor vision
<input type="checkbox"/> Sudden weight loss	<input checked="" type="checkbox"/> Depression
<input checked="" type="checkbox"/> Improper diet	<input checked="" type="checkbox"/> Certain diseases
<input checked="" type="checkbox"/> Physical overexertion	<input type="checkbox"/> Regular exercise

Congratulations! You have selected all of the causes of fatigue.

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1. Lack of sleep
2. Poor physical conditioning
3. Improper diet
4. Physical overexertion
5. Emotional stress
6. Depression
7. Certain diseases