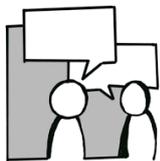


NAME:

OCR Sport Science

Reducing the Risk of Sports Injuries

Student Workbook



Group Discussion – For these tasks, you are able to discuss your ideas with a partner



Quiet Learning – for these tasks you can only use the resources around you to help.



Tech Zone – For tasks with this symbol, you may research on iPads.

Contents Page *(Tick off each section when complete)*

- Extrinsic Factors that influence sports injuries – pg 3 
- Intrinsic Factors that influence sports injuries – pg 7 
- Intrinsic psychological factors – pg 9 
- Causes of Poor posture – pg 10 
- Sports injuries linked with poor posture – pg 12 
- Warm ups – Physical and psychological benefits – pg 13  
- Cool down – Physical benefits – pg 15  
- Considerations when planning a warm up/cool down – pg 16 
- Acute and Chronic Injuries – pg 17  
- Responding to injuries in a Sporting Context – pg 19 
- Emergency Action Planning – pg 21 
- Common Medical Conditions – pg 23  

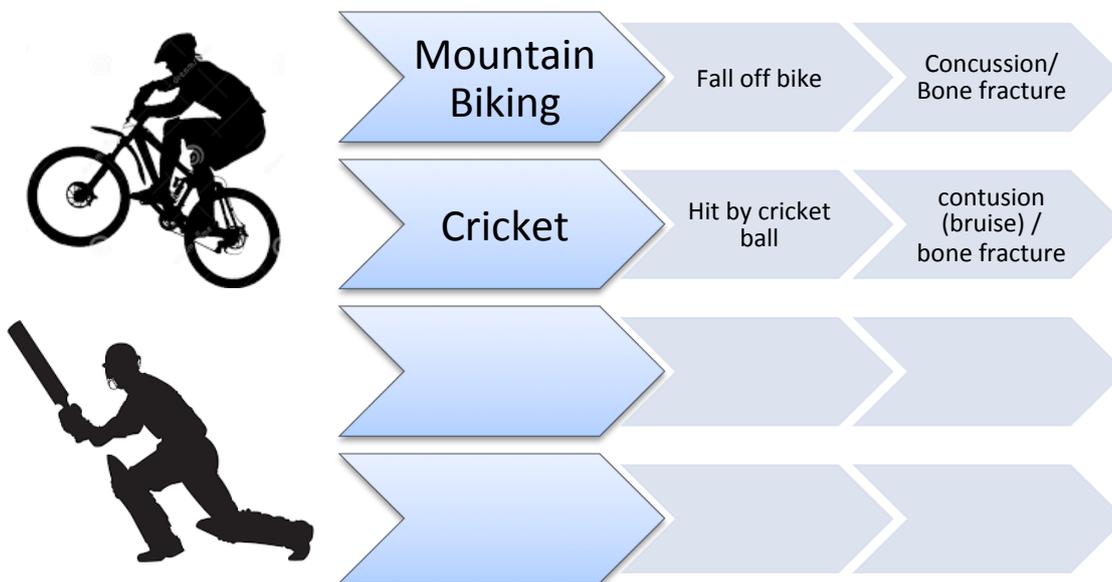


Extrinsic factors which can influence the risk of injury

Injuries can occur in sport for several reasons. We can categorise each reason into Extrinsic factors (not the individual) and intrinsic factors (the individual). Each have various sub-categories that you need to know for the exam!

Type of activity

ALL ACTIVITIES have an element of risk - Some more obvious than other. Use the examples below to come up with your own idea to highlight risk in a sport of your choice:



Safety Hazards

As you have probably realised from the activity/discussion above, some sports are more “risky” than others. Depending on the activity, the level of risk can be considered either **LOW** or **HIGH**. Discuss how the following steps can be used to **assess and reduce** the risk of any activity:

1) Risk Assessment: _____

2) Safety Checks: _____

3) Emergency Action plan: _____

Equipment (possibly the most important sub category!)

With a partner, fill in the table below to highlight how **protective** equipment can be used to REDUCE sports injuries:

Sport	Protective equipment	Protects _____ from _____
Cricket		
Football		
Hockey		
Cycling		

Performance of equipment (stuff you need so that you can do an activity/ sport) can also cause/reduce risk of a sporting injury. The 'quality' of equipment used is very important for many activities. Discuss how the following pieces of equipment need to meet specific performance needs:

Climbing rope: _____

Cricket ball: _____



Correct clothing and footwear is another key equipment based factor. Not wearing the correct clothing and footwear for your activity, weather and/or surface can massively increase the chance of injury! For example:

	Football on Astro turf	Football on wet muddy pitch
Footwear required?		

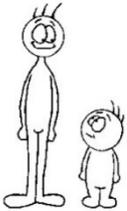
In some sports clothing and accessories (such as jewellery) needs to be considered to make sure it doesn't get trapped in any equipment/mechanics. Can you think of an example?

Environment – Where the activity is taking place can be dangerous. With a partner discuss how the following environmental factors can have an impact on the safety of the activity and reducing/increasing the chance of an injury:



1) Weather conditions: _____

2) Surface: _____



3) Other competitors: _____

Coaching /Supervision

Participants need to be coached and supervised effectively. If not, the chances of injury is much more likely!



Discuss the factors below and fill in the table to highlight how each influences the risk of injury:

Coaching / supervision factor	Influence on injury risk – AND WHY!
Coaching poor technique	
Coach unable to communicate / show what to do	
No referee to supervise game	



PAST EXAM QUESTIONS:

7 Give an example for each of the following.

(a) Performance equipment:
..... [1]

(b) Protective equipment:
..... [1]

8 Explain the difference between performance equipment and protective equipment.

.....
.....
..... [2]

5 Explain how the type of activity undertaken can increase the risk of injury in sports.

.....
.....
..... [2]

1 Before a personal trainer constructs an exercise programme, a risk assessment is required.

(a) Describe how a risk assessment reduces the risk of injury.

.....
.....
..... [2]

(b) Identify **three** environmental factors that could cause injury to a performer when exercising in a fitness suite.

1 [1]

2 [1]

3 [1]