

Topic 1: Understand different factors which influence the risk of injury

Questions			Marks	Total
Can you recall and explain how Five extrinsic factors that influence the risk of injury?			10	
	Extrinsic Factors	Explanation of how they influence the risk of injury		
1				
2				
3				
4				
5				
Can you recall and explain how each of the three intrinsic psychological factors can influence the risk of sports injury?			6	
1				
2				
3				
Can you recall and explain how each of the intrinsic factors of physical preparation can influence the risk of sports injury?			10	
Intrinsic - Physical Preparation	Explanation of how they influence the risk of injury			
Can you recall and explain how each of the intrinsic factors of individual variables influence the risk of sports injury?			12	
Intrinsic - Individual Variables	Explanation of how they influence the risk of injury			
1				
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Questions	Marks	Total
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What are the seven causes of poor posture?

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Can you explain how each of those seven causes of poor postures can influence the risk of injury?

14

Cause	Explanation of each cause of poor posture influencing the risk of injury?
1.	
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7.	

What are the five sports injuries related to Poor posture?

5

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5.	

Can you identify from the pictures each type of sports injury related to poor posture?

4



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Questions			Marks	Total
Can you recall and explain how Five extrinsic factors that influence the risk of injury?			10	
	Extrinsic Factors	Explanation of how they influence the risk of injury		
1	Coaching/ Supervision	Poor Incorrect coaching techniques, ineffective communication skills, Importance of adhering to the rules		
2	Environmental Factors	Weather, playing surface, performance area, surrounding area, Other participants		
3	Equipment	Not having the right equipment –gum shields, shin pads, helmet in cycling, goggles in skiing, Performance equipment – Hockey stick, cricket ball, rock climbing harness, are the clothing footwear suitable for playing surface, weather conditions		
4	Safety Hazards	Lack of risk assessments, EAP's, safety checks		
Can you recall and explain how each of the three intrinsic psychological factors can influence the risk of sports injury?			6	
1	Motivation	Lack of motivation, lethargic, does not react quick enough or make a decision quick enough to potential danger – a dangerous tackle		
2	Arousal Levels	Arousal levels too high, anxiety levels rise cannot concentrate or block out irrelevant cues, makes a poor decision – late tackle		
3	Aggression	Overly aggressive can injure themselves and others		
Can you recall and explain how each of the intrinsic factors of physical preparation can influence the risk of sports injury?			12	
	Intrinsic - Physical Preparation	Explanation of how they influence the risk of injury		
	Training	By not training regularly, not fit enough to compete, body cannot match the effort needed, strain, pull, tear or sprain a muscle, joint, tendon, ligament.		
	Warm Up	Lack of a proper warm up, body's muscles too cold, pull, strain, sprain, tear, a muscle, joint, ligament, tendon		
	Cool Down	Lack of cool down, do not reduce muscle soreness, stiffness, lactic acid/waste products build up, body is still fatigued, likely to strain, pull, tear, sprain, muscle, joint, tendon, ligament.		
	Fitness Levels	Over exerting your body to keep up because of a lack of fitness levels, can lead to strain, tear, pull, sprain of muscles, joints, ligaments, tendons,		
	Overuse	By continuously placing stress on an injury will make the injury a lot worse		
	Muscle Imbalance	By one muscle stronger than the other, places too much strain on the stronger muscle and it can strain, pull ,tear		
	Intrinsic - Individual Variables	Explanation of how they influence the risk of injury		
	1 Gender	Males and females should not be mixed in sport, Rugby/football. males are stronger, more powerful. females are weaker.		
	2 Age	Children should be competing against children of the same age, or similar age group,	12	
	3 Flexibility	By not being flexible, can strain, pull, tear, sprain muscles, tendons, ligaments when having to stretch or overstretch,		
	4 Nutrition	lack of nutrition can lead to lack of concentration, focus, become distracted, get injured, lack of carbs lack of energy		
	5 Lack of Sleep	become irritable and become more aggressive, incorrect technique lead to a sprain		
	6 Previous/recurring injuries	By continuing to train on previous injuries, places too much stress on the injured area, does not give them the time and rest to heal and make the injuries worse		

Topic 1: Understand different factors which influence the risk of injury

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<p>What are the seven causes of poor posture?</p> <table border="1"> <tr><td>1</td><td>Poor Stance</td></tr> <tr><td>2</td><td>Wrong type of clothing and Footwear</td></tr> <tr><td>3</td><td>Physical Defects</td></tr> <tr><td>4</td><td>Emotional Factors</td></tr> <tr><td>5</td><td>Fatigue</td></tr> <tr><td>6</td><td>Lack of Exercise</td></tr> <tr><td>7</td><td>Sitting Position – Slouching/slumping</td></tr> </table>		1	Poor Stance	2	Wrong type of clothing and Footwear	3	Physical Defects	4	Emotional Factors	5	Fatigue	6	Lack of Exercise	7	Sitting Position – Slouching/slumping		
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Can you explain how each of those seven causes of poor postures can influence the risk of injury?		14	
Cause	Explanation of each cause of poor posture influencing the risk of injury?		
1.	Poor stance/gait (e.g. bending your knees or hunching your shoulders when standing)		
2.	Clothing/footwear (e.g. wearing shoes with high heels can affect posture)		
3.	Physical defects (e.g. muscles weaken around an injured area)		
4.	Emotional factors (e.g. having low self-esteem/lack of confidence can influence posture)		
5.	Fatigue (e.g. tired muscles will be unable to support the skeleton properly)		
6.	Lack of exercise (e.g. lack of core muscle strength means less support, being overweight puts strain on posture)		
7.	Sitting positions (e.g. slumping/slouching on the sofa rather than sitting upright)		

What are the five sports injuries related to Poor posture?		5	
1	Lordosis		
2	Kyphosis		
3	Scoliosis		
4.	Round Shoulders		
5.	Pelvic Tilt		

Can you identify from the pictures each type of sports injury related to poor posture?



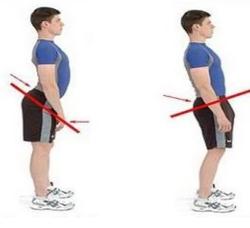
Lordosis



Scoliosis



Round Shoulders



Pelvic tilt



Kyphosis

Topic 2: Understand how appropriate warm up and cool down routines can help to prevent injury

Questions

Marks Total

What are 5 physical benefits of a warm up?

5

1	
2	
3	
4	
5	

What are 4 Psychological Benefits of a warm up?

4

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4	

What are the 5 key components of a warm up. Name each stage, provide an example activity of each stage and give an example how each stage provides a physical benefit for the performer?

15

Key Component	Example Activity	Physical Benefits for the performer
1. P..... R.....		
2. M.....		
3. D M.....		
4. S..... D..... S.....		
5. S..... R.....		

What are the 8 physical benefits of a cool down?

8

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Topic 2: Understand how appropriate warm up and cool down routines can help to prevent injury

Questions	Marks	Total										
<p>What are the two key components of a cool down, describe an example activity and provide a physical benefit for the performer?</p> <table border="1" data-bbox="44 213 1205 420"> <thead> <tr> <th data-bbox="44 213 292 265">Two Key Components</th> <th data-bbox="292 213 715 265">Example Activity</th> <th data-bbox="715 213 1205 265">Physical Benefits for the performer</th> </tr> </thead> <tbody> <tr> <td data-bbox="44 265 292 343">1 P..... I.....</td> <td data-bbox="292 265 715 343"></td> <td data-bbox="715 265 1205 343"></td> </tr> <tr> <td data-bbox="44 343 292 420">2 S.....</td> <td data-bbox="292 343 715 420"></td> <td data-bbox="715 343 1205 420"></td> </tr> </tbody> </table>	Two Key Components	Example Activity	Physical Benefits for the performer	1 P..... I.....			2 S.....			6		
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<p>Explain how the environmental factors can affect the planning of a warm up?</p>	4											

Topic 2: Understand how appropriate warm up and cool down routines can help to prevent injury

Answers			Marks	Total																		
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Answers			Marks	Total
What are the key components of a cool down, describe an example activity and provide a physical benefit for the body?			6	
component	Example activity	Physical Benefits for the performer		
1 Pulse Lowering	Light Jogging, easy movements,	Lowers the heart rate/reduce the body' temperature to a resting state		
2 Stretching	Maintenance stretches, static stretches (Hamstring stretches)	Reduce the risk of muscle soreness and stiffness, Aids recovery for next days training		
Can you recall 5 specific characteristics of a group/individual that a coach will need to consider when planning a warm up and a cool down?			5	
1.	Size of Group			
2.	Experience of participants			
3.	Age of participants			
4.	Individual Fitness levels			
5.	Any Medical Conditions			
Explain why the following characteristics of the participants need to be considered when planning a warm up?			5	
1. Age of participants	Older participants will not be able to train at the same level /intensity as younger Participants, they will not be as fit or as strong - try to keep up, get injured			
2. size of group	Too large a group, people not concentrating listening to coach, correct Instructions, do their own thing, cause an injury			
3. Experience of participants	Coach needs to know the age and experience of participants to plan appropriate coaching sessions			
4. Fitness levels of participants	Coach cannot plan an intense hard warm up if the fitness levels of the participants are poor – this will lead to an injury			
5. Medical conditions of participants.	Coach needs to know previous medical history and injuries – otherwise they could aggravate previous injuries make them worse			
Explain the suitability of a warm as preparation for a particular sport or activity which a coach needs to consider?			4	
<p>If a performer is playing football they need to do a warm up that is suitable to playing a game of football. All the muscles used in a football match need to be warmed up and stretched. Legs muscles especially, lower back and arms. The right type of dynamic movements need to be worked on like shuttle runs and sprints because they reflect the types of sprints in a game of football. If the warm does not reflect the sport they are doing, their body will not be prepared and they are more likely to get strain, tear pull or sprain a muscle, joint tendon.</p>				
Explain how the environmental factors can affect the planning of a warm up?			4	
<p>The Weather – snow, torrential rain, ice can all make the surface of area really slippery which can be dangerous if performers have the wrong footwear, they can fall/slip and hurt themselves Really hot weather – Performers become dehydrated dizzy and feelings of being sick – body can overheat suffer from sunstroke Really cold and icy – performer can suffer from frostbite</p> <p>The availability of the facilities needs to be considered, the size of the area and the type of area/surface that is available to train on.</p> <p>Playing Surface – check the playing surface for litter broken glass/objects that can cause injury, is the playing surface big enough/appropriate size for the people playing – puddles ice on the surface can make the surface dangerously slippery.</p>				

Topic 3: Know how to respond to injuries within a sporting context:

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<p>What are the 3 different stages of the Emergency Action Plan in a sporting context? Can you describe what happens at each stage?</p> <table border="1" data-bbox="139 223 1182 513"> <tr> <td data-bbox="139 223 262 319">1</td> <td data-bbox="262 223 605 319"></td> <td data-bbox="605 223 1182 319"></td> </tr> <tr> <td data-bbox="139 319 262 414">2</td> <td data-bbox="262 319 605 414"></td> <td data-bbox="605 319 1182 414"></td> </tr> <tr> <td data-bbox="139 414 262 513">3</td> <td data-bbox="262 414 605 513"></td> <td data-bbox="605 414 1182 513"></td> </tr> </table>	1			2			3			6								
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<p>What are three reasons why we use the Emergency Action Plan?</p> <table border="1" data-bbox="82 576 1179 795"> <tr> <td data-bbox="82 576 159 644">1</td> <td data-bbox="159 576 1179 644"></td> </tr> <tr> <td data-bbox="82 644 159 723">2</td> <td data-bbox="159 644 1179 723"></td> </tr> <tr> <td data-bbox="82 723 159 795">3</td> <td data-bbox="159 723 1179 795"></td> </tr> </table>	1		2		3		3											
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<p>Using SALTAPS as an on field assessment routine, Can you recall each of the seven components of SALTAPS and explain how they are used when assessing an injury in football?</p> <table border="1" data-bbox="54 872 1205 1469"> <thead> <tr> <th data-bbox="54 872 262 932">SALTAPS</th> <th data-bbox="262 872 1205 932">Explanation</th> </tr> </thead> <tbody> <tr> <td data-bbox="54 932 262 1011">1 S</td> <td data-bbox="262 932 1205 1011"></td> </tr> <tr> <td data-bbox="54 1011 262 1089">2 A</td> <td data-bbox="262 1011 1205 1089"></td> </tr> <tr> <td data-bbox="54 1089 262 1168">3 L</td> <td data-bbox="262 1089 1205 1168"></td> </tr> <tr> <td data-bbox="54 1168 262 1247">4 T</td> <td data-bbox="262 1168 1205 1247"></td> </tr> <tr> <td data-bbox="54 1247 262 1326">5 A</td> <td data-bbox="262 1247 1205 1326"></td> </tr> <tr> <td data-bbox="54 1326 262 1404">6 P</td> <td data-bbox="262 1326 1205 1404"></td> </tr> <tr> <td data-bbox="54 1404 262 1469">7 S</td> <td data-bbox="262 1404 1205 1469"></td> </tr> </tbody> </table>	SALTAPS	Explanation	1 S		2 A		3 L		4 T		5 A		6 P		7 S		14	
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<p>What are the 4 components of R.I.C.E? Can you explain how each component of R.I.C.E can aid recovery from injury?</p> <table border="1" data-bbox="65 1535 1162 1922"> <thead> <tr> <th data-bbox="65 1535 359 1612">Component</th> <th data-bbox="359 1535 1162 1612">Description</th> </tr> </thead> <tbody> <tr> <td data-bbox="65 1612 359 1690">R</td> <td data-bbox="359 1612 1162 1690"></td> </tr> <tr> <td data-bbox="65 1690 359 1769">I</td> <td data-bbox="359 1690 1162 1769"></td> </tr> <tr> <td data-bbox="65 1769 359 1848">C</td> <td data-bbox="359 1769 1162 1848"></td> </tr> <tr> <td data-bbox="65 1848 359 1922">E</td> <td data-bbox="359 1848 1162 1922"></td> </tr> </tbody> </table>	Component	Description	R		I		C		E		8							
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Topic 3: Know how to respond to injuries within a sporting context

Answer	Marks	Total																						
<p>Can you recall four types of chronic and acute injuries?</p> <table border="1" data-bbox="39 219 1205 526"> <thead> <tr> <th></th> <th>Chronic</th> <th>Acute</th> </tr> </thead> <tbody> <tr> <td>1</td> <td></td> <td></td> </tr> <tr> <td>2</td> <td></td> <td></td> </tr> <tr> <td>3</td> <td></td> <td></td> </tr> <tr> <td>4</td> <td></td> <td></td> </tr> </tbody> </table>		Chronic	Acute	1			2			3			4			8								
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<p>What is the difference between an open and closed fracture?</p> <p>What is a contusion?</p> <p>What is an abrasion?</p>	4																							
<p>Can you explain what cramp is ?</p> <p>Can you explain how blisters occur?</p> <p>Can you recall two symptoms of concussion?</p> <p>Give two sporting examples how an acute injury can occur?</p> <p>Give two examples how chronic injury can occur?</p> <p>Can you name five other medical treatments you can use to treat an injury?</p>	2 2 2 2 2 5																							

Topic 3: Know how to respond to injuries within a sporting context:

Answer			Marks	Total
What are the 3 different stages of the Emergency Action Plan in a sporting context? Can you describe what happens at each stage?			6	
1	Emergency Personnel	Call the first Aider/Emergency responder		
2	Emergency Communication	Call the emergency services		
3	Emergency Equipment	Use first aid/evacuation chair		
What are the three reasons why we use the Emergency Action Plan?			3	
1	TO reassure the injured patient			
2	Everyone knows what they are doing in an emergency			
3	Legal procedure			
Using SALTAPS as an on field assessment routine, Can you recall each of the seven components of SALTAPS and explain how they are used when assessing an injury in football?			14	
component	Component	Description		
1 S	See	Did you see what happened		
2 A	Ask	Ask someone else what happened and where the injury is		
3 L	Look	Look to see where the injury is		
4 T	Touch	Touch the injury gently for swelling or signs of a fracture		
5 A	Active	Can the injured person moved the injured part of the body		
6 P	Passive	Can you help the person move the injured part of the body		
7 S	Strength	Are the injured person able to put their weight on the injured part of the body		
What are the 4 components of R.I.C.E? Can you explain how each component of R.I.C.E can aid recovery from injury?			8	
1	Component	Description		
2	Rest	Reduce the risk of making the injury worse by taking the weight off the injury. To keep using it would worsen the injury and reduce recovery time		
3	Ice	Reduce swelling/inflammation		
4	Compression	Compress and reduce swelling/inflammation		
5	Elevation	Raise the foot above the level of the heart		

Topic 1: Classification, variation and inheritance (Part 1)

Answer		Marks	Total																
Can you recall four types of chronic and acute injuries?		8																	
	<table border="1"> <thead> <tr> <th></th> <th>Chronic</th> <th>Acute</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Golfers Elbow/tennis elbow</td> <td>Concussion</td> </tr> <tr> <td>2</td> <td>Shin Splints</td> <td>Cut (abrasions)</td> </tr> <tr> <td>3</td> <td>Osgoods Schlatter's disease, Severs Disease</td> <td>Bruise (Contusion)</td> </tr> <tr> <td>4</td> <td>Tendonitis</td> <td>Fracture</td> </tr> </tbody> </table>		Chronic	Acute	1	Golfers Elbow/tennis elbow	Concussion	2	Shin Splints	Cut (abrasions)	3	Osgoods Schlatter's disease, Severs Disease	Bruise (Contusion)	4	Tendonitis	Fracture			
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Can you explain what cramp is ? Painful sensations caused by muscles over shortening		2																	
Can you explain how blisters occur? - due to poor/ill fitting footwear		2																	
Can you recall two symptoms of concussion? Dizziness, headaches, nausea, loss of memory		2																	
Give two sporting examples how an acute injury can occur? Tackle in rugby, football, Collision with player or goalpost, awkward fall		2																	
Give two examples how chronic injury can occur? Repeated stress and pressure applied to injury over along period of time,, lack of rest and recuperation, not taking weight off injured area,		2																	
Can you name five other medical treatments you can use to treat an injury? Bandaging, Plasters, Taping, Slings, Massage, Stretching		5																	

Topic 4: Know how to respond to common medical conditions

Questions	Marks	Total												
<p>Can you provide 4 Symptoms of Asthma and 3 common medical responses to Asthma</p> <table border="1" data-bbox="54 227 1163 486"> <tr><td>1</td><td></td><td></td></tr> <tr><td>2</td><td></td><td></td></tr> <tr><td>3</td><td></td><td></td></tr> <tr><td>4</td><td></td><td></td></tr> </table>	1			2			3			4			4	
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