**Y10 CNAT Sports Science – Topic Summary Sheet**

Sport Science Unit R041: Reducing the risk of sports injuries

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| Learning Outcome | Further Information |
| Learning Outcome 1: Understand different factors which influence the risk of injury | * Extrinsic factors which can influence the risk of injury * E.g., Poor/incorrect coaching techniques, ineffective communication skills, importance of adhering to rules and regulations. * Intrinsic factors which can influence the risk of injury * E.g., PFANGS, SAAM, POSTURE |
| Learning Outcome 2: Understand how appropriate warm up and cool down routines can  help to prevent injury | * The physical benefits of a warmup * The psychological benefits of a warmup * Key components of a warmup * Physical benefits of a cool down * Key components of a cool down * Specific needs which a warmup and cool down must consider |
| Learning Outcome 3: Know how to respond to injuries within a sporting context | * Acute and chronic injuries * Types, causes and treatment of common sports injuries * How to respond to injuries and medical conditions in a sporting context * Emergency Action Plans (EAP) * The symptoms of common medical conditions * How to respond to these common medical conditions |
| Learning Outcome 4: Know how to respond to common medical conditions | * The symptoms of common medical conditions * How to respond to these common medical conditions |

**Further revision practice**

1. Google – Quizlet – Do not log in or sign up – just Search – NACPE – Filter and click Classes.
2. Try some of the activities for all LO’s LO1, LO2, LO3 and LO4!
3. Turn over this page to see the above points.



