



Extrinsic Factors

1. Equipment



- Footwear 
- Protective equipment
- Clothing
- Performance Equipment 

2. Type of sports activity

- Contact 
- Boxing
- Non-contact
- Gymnastics

3. Coaching / instructing / leading

4. Environment

- Weather 
- Playing surface
- Temperature (hypothermia, dehydration) 
- Human interaction (other participants, officials, spectators)

Psychological Factors

- Motivation
- Arousal
- Anxiety
- Stress
- Confidence
- Aggression
- **Mental Strategies**
- Mental rehearsal
- Imagery
- Selective attention



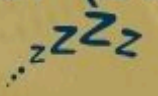


Different factors which influence the risk of injury



Intrinsic Factors

1. Individual variables

- Age
- Weight 
- Experience
- Injuries
- Gender (strength, flexibility) 
- Sleep 
- Technique / ability
- Fitness levels



Tupton Hall School
REDHILL ACADEMY TRUST

Warm up & Cool Down Routines

Key components of a warm up:

- Pulse racing
- Mobility
- Dynamic stretching
- Skill rehearsal



Psychological and physiological benefits of a cool down:

- Heighten or control arousal
- Improve concentration
- Mental rehearsal
- Increase motivation
- Increase confidence

Key components of a cool down:

- Pulse lowering
- Stretching

Types of Stretching

- Maintenance stretches
- Static stretches



Psychological and physiological benefits of a warm up:

- Pulse raising increases heart rate
- Mobility increases speed in muscles
- Dynamic stretches increase flexibility
- Skill rehearsal - practicing techniques

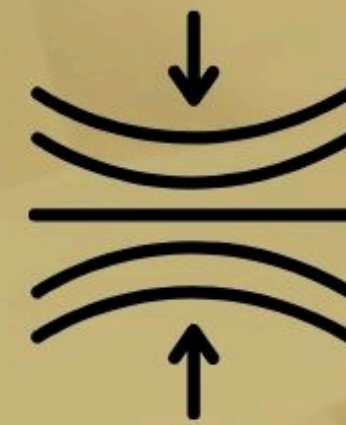
Different types and causes of sports injuries

3.1 Acute Injuries

- Result of sudden trauma
- Soft and hard tissue injuries
- Strains - torn muscle or tendon
- Sprains - torn ligament (anterior cruciate ligament)

P.R.I.C.E

- Protection
- Rest
- Ice
- Compress
- Elevate



Dislocations

- Shoulders / ankles / knees / hips

Skin Damage

- Abrasions / grazes
- Cuts / lacerations
- Bruises & blisters

Fractures

- Open fracture - bone breaks through skin
- Closed fracture - bone not visible

Head Injuries

- Concussion links to Dementia & Alzheimers

3.2 Chronic Injuries

- Skin splints
- Tendonitis - Rotar Patellar Achilles
- Lateral Medial

Stress Fractures

- Tiny cracks from stress

Treatment of Chronic Injuries

- Using P.R.I.C.E and Physiotherapy





Group Size

- Size will effect the amount of space needed.

Emergency Action Plan

- Emergency personnel
- Emergency communication
- Emergency equipment



TA4 - Reducing risk treatment and rehabilitation of sports injuries and medical conditions

4.1 Measures taken to reduce injury

- Safety checks
- Risk assessments
- Control measures



Help reduce risk of sport injuries and medical conditions

- Medicals
- Screening
- Underlying health issues
- National governing body (NGB)
- Safety policies
- Examination



Responses to and treatment of injuries and medical conditions in a sporting context.

Treatments

- Massage
- Ultrasound
- Hydrotherapy
- Cryotherapy
- Contrast therapy
- Electrotherapy
- Painkillers
- Support bandaging

Recovery Position

- Head back
- Lay on back
- Arm at 90 degrees
- Hand on back of cheek
- Onto side
- Monitor breathing

- See
- Ask
- Look
- Touch
- Active
- Passive
- Strength

- Danger
- Response
- Airway
- Breathing
- Circulation

