



Injuries in sport

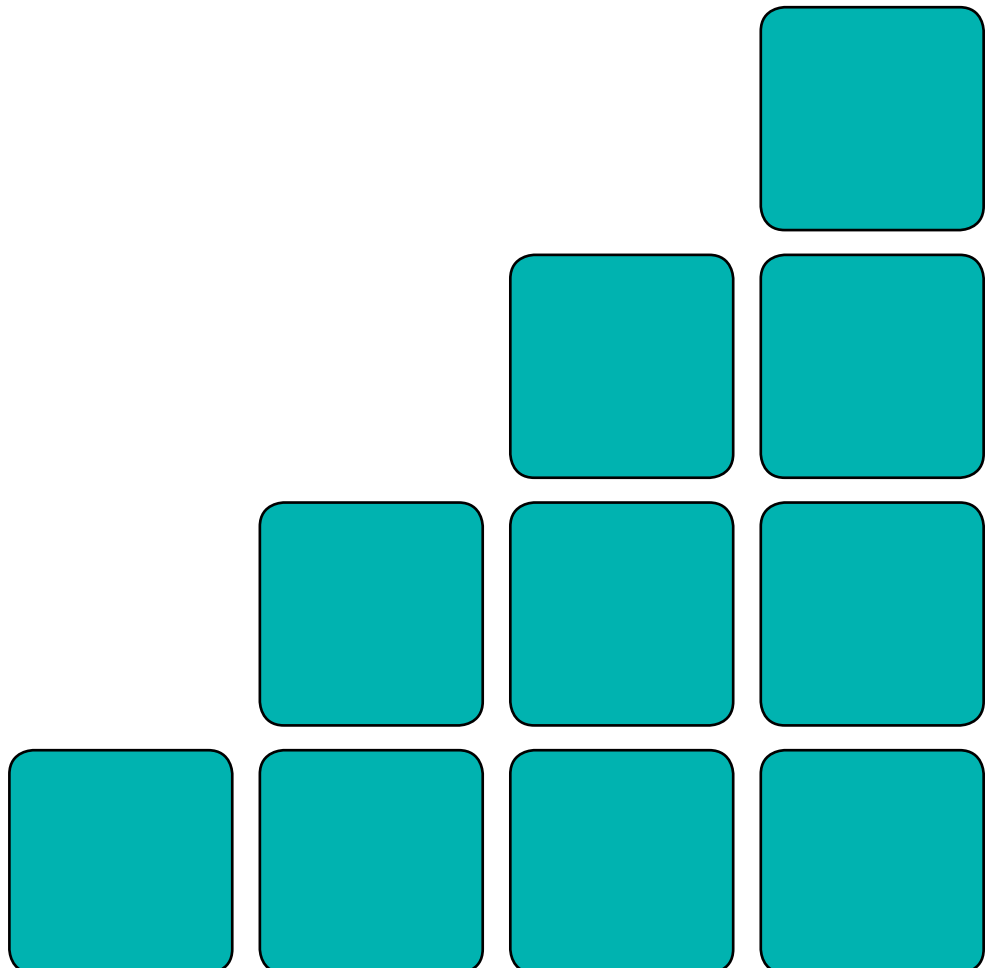
UV21534

M/601/4330

Learner name:

Learner number:

VRQ



UV21534

Injuries in sport

The aim of this unit is to develop your knowledge and understanding of the risks associated with participation in sport. This will include common sporting injuries, the range of treatments and support aids available and timelines for potential recovery.

Level

2

Credit value

3

GLH

30

Observation(s)

0

External paper(s)

0



Injuries in sport

Learning outcomes

On completion of this unit you will:

1. Understand the risks of injury associated with participation in sport
2. Know the common injuries associated with own sport
3. Know how to deal with different types of sporting injuries

Evidence requirements

1. *Knowledge outcomes*
There must be evidence that you possess all the knowledge and understanding listed in the Knowledge section of this unit. In most cases this can be done by professional discussion and/or oral questioning. Other methods, such as projects, assignments and/or reflective accounts may also be used.
2. *Tutor/Assessor guidance*
You will be guided by your tutor/assessor on how to achieve learning outcomes in this unit. All outcomes must be achieved.
3. *External paper*
There is no external paper requirement for this unit.

Developing knowledge

Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below*:

- Projects
- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies
- Professional discussion

Where applicable your assessor will integrate knowledge outcomes into practical observations through professional discussion and/or oral questioning.

When a criterion has been orally questioned and achieved, your assessor will record this evidence in written form or by other appropriate means. There is no need for you to produce additional evidence as this criterion has already been achieved.

Some knowledge and understanding outcomes may require you to show that you know and understand how to do something. If you have practical evidence from your own work that meets knowledge criteria, then there is no requirement for you to be questioned again on the same topic.

**This is not an exhaustive list.*

Knowledge



Learning outcome 1

Understand the risks of injury associated with participation in sport

You can:	Portfolio reference
a. Explain the importance of rules and regulations in reducing risks of injury in sport	
b. Describe risk factors involved when participating in own sport	
c. Describe how identified risks can be minimised	
d. Explain the use of personal protective equipment in sport	



Learning outcome 2

Know the common injuries associated with own sport

You can:	Portfolio reference
a. Describe a range of common injuries that may occur when participating in own sport	
b. Identify the different categories of sporting injury	
c. Describe signs/symptoms of injuries	
d. Explain probable causes of common injuries in own sport	



Learning outcome 3

Know how to deal with different types of sporting injuries

You can:	Portfolio reference
a. Describe a range of treatments for common sporting injuries in own sport	
b. Identify key personnel involved in the treatment of sporting injuries	
c. Identify timelines for potential recovery	
d. Describe the use of support aids for injuries during training	

Unit content



This section provides guidance on the recommended knowledge and skills required to enable you to achieve each of the learning outcomes in this unit. Your tutor/assessor will ensure you have the opportunity to cover all of the unit content.

Learning outcome 1: Understand the risks of injury associated with participation in sport

Importance of rules and regulations:

Modifying rules of play, reducing aggressive or dangerous behaviour, increasing health and safety, promoting fair play, rules and regulations which reduce injury risk in different sports.

Risk factors: Extrinsic risk factors (impact or collision, poor coaching, incorrect technique, adverse environment, inappropriate clothing or footwear, ineffective warm-up or cool down), intrinsic risk factors (muscle weakness or imbalance, limited flexibility, lack of joint stability, postural defects, individual variables), risk factors associated with different sports.

Minimise risks: Use safe and appropriate sports equipment, use of protective equipment, modifying rules of play, perform safe and effective training programmes, minimised effects of intrinsic factors (e.g. address any muscle imbalances, areas which are inflexible etc.), qualified and knowledgeable coach, risk assessment of environment.

Personal protective equipment:

Footwear, shin pads, helmet, gum shield, types of protection used in different sports, reasons for use, benefits and limitations of protective equipment.



Learning outcome 2: Know the common injuries associated with own sport

Common injuries: Hard tissue injury (fracture, dislocation, stress fracture, shin splints), soft tissue injury (haematoma, abrasion, sprain, strain, concussion, tendonitis, tendon rupture, blister, muscle cramp, Delayed Onset Muscle Soreness, cartilage damage, friction burns), common injuries associated with different sports.

Categories of sporting injury: Acute injuries occur suddenly during activity (e.g. sprain, strain, fracture), chronic injuries result from overuse over prolonged periods of time (e.g. tendonitis, tennis elbow).

Sign and symptoms of injuries: Signs of acute injury (e.g. sudden and severe pain, swelling, inability to place weight on a limb,

extreme tenderness, inability to move a joint through its full range, extreme limb weakness, visible dislocation or broken bone), signs of chronic injury (e.g. pain when performing activity, dull ache at rest, swelling), symptoms of specific injuries in different sports.

Causes of common injuries: Impact or collision, incorrect technique, ineffective warm-up or cool down, overuse, muscle weakness or imbalance, probable causes of common injuries in different sports.

Learning outcome 3: Know how to deal with different types of sporting injuries

Range of treatments: First aid (priorities, resuscitation, shock, bleeding, unconscious casualty, sprains, strains, fractures, prevention of infection, summoning qualified assistance, accident reporting), PRICED (protect, rest, ice, compression, elevation, diagnosis), SALTAPS (stop, ask, look, touch, active, passive, strength), treatments (taping, bandaging, tubigrip, splints, hot/cold, pain sprays, limb supports), treatments for specific sports injuries.

Key personnel: Personnel (e.g. first aider, sports therapist, physiotherapist, doctor, coach, instructor), roles (rapid response, effective first aid and treatment, medical referrals for specialist diagnosis, injury rehabilitation).

Timelines for recovery: Stages of injury rehabilitation (acute stage, sub-acute stage, early rehabilitation stage, late rehabilitation stage, functional rehabilitation stage), stages and timelines for specific sports injuries.

Support aids: Supports, braces, compressions, splints, belts, straps, taping, use of support aids during training for different sports.

Notes

Use this area for notes and diagrams