

# Stepping Forward: Sport

Sport Programme

**BISHOP BURTON**  

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*College*



# What you're going to cover

Sport's isn't just about playing football/rugby or netball, it's about thinking outside the box, other ways sport's can be developed, performed and occur.

- Sports Injury Management
- Fitness Training
- Sport Event Organisation
- Research Methods in Sport

# Sport injury management

Over the next couple of slides please answer the questions in the notes section. The questions will be split into those who are starting a Level 1 and those who are starting at Level 2/3. Only answer the ones that are applicable to you.

# What is a risk?

L1 - Describe what a risk is to sport.

L2/3 - Explain what a risk is to sport and how can you prevent it?

**NOTES** – L1 key words are; chance of injury, loss, a hazard, dangerous



# What is an intrinsic risk?

L1 - Describe what an intrinsic risk is.

L2/3 - Explain what an intrinsic risk is and how it can be prevented?

**NOTES** – L1 key words are; risk of force, internal force, stress



# What is an extrinsic risk?

L1 - Describe what an extrinsic risk is.

L2/3 - Explain what an extrinsic risk is and how it can be prevented?



**NOTES** – L1 key words are; outside the body, external forces, objects, individuals, contact

# Recap two types of injury?

L1 – Match the correct words into the right boxes.

L2/3 - Explain the two types of injury?

**Intrinsic**

**Extrinsic**

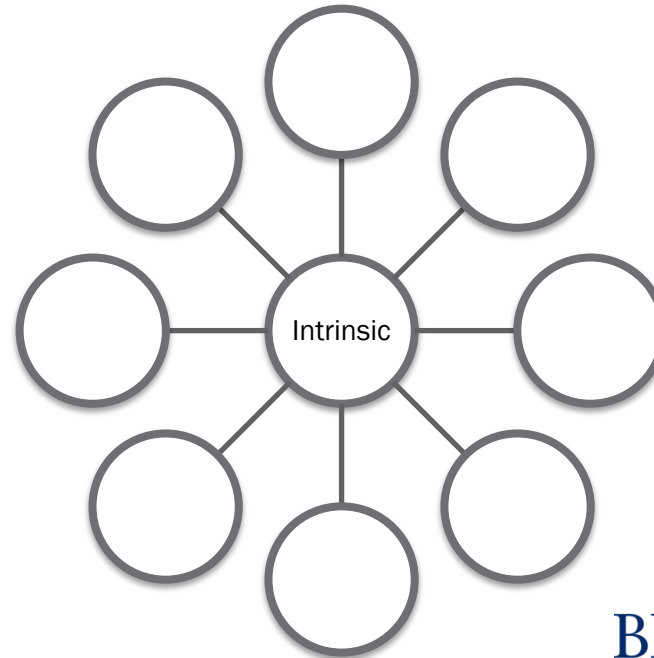
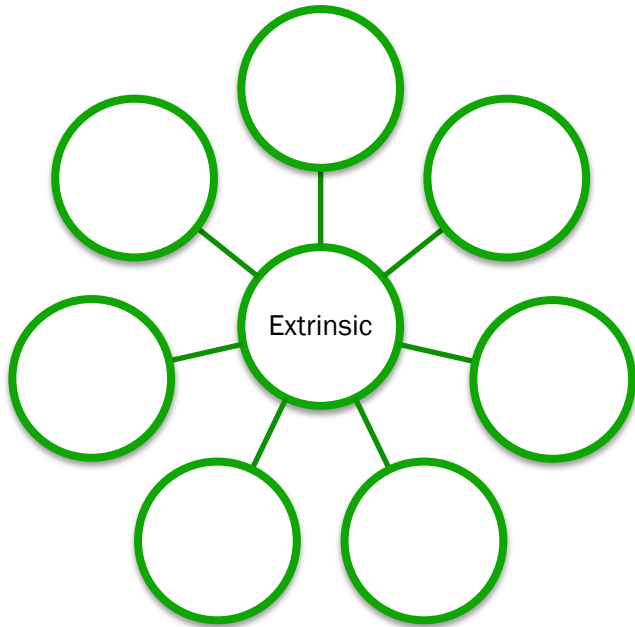
Factors that can cause sports injuries that are external to the body. For example, a goalkeeper punching a player instead of the ball!	Factors originating from within the body that can contribute to a sports injury. For example, not doing a warm up and pulling muscles.

Intrinsic	Extrinsic

# Match the key words to the correct spider diagram

L1 – Match the key words to the spider diagram.

L2/3 – Match the key words and explain why?



- Posture
- Coaching
- Lack of communication
- Gender
- Weather
- Injury History
- Incorrect techniques
- Preparation
- Techniques
- Age
- Clothing, footwear and equipment
- Growth Development
- Safety Hazards
- Fitness Levels
- Opposition/Team
- Mates



# Safety hazards

It is important for coaches, support staff and players to be aware of hazards and risks associated with the activities being undertaken, various health and safety considerations must be applied

L1 – Match the key words to the description.

L2/3 – Match the key words to the description and give a sporting example when this would be used?

.....  
.....:  
Tampering with or modifying equipment will make it less useful and often more dangerous. The equipment is specifically designed to do a job.

Environment

.....  
.....:  
The equipment we use can also act as a potential extrinsic risk factor and it is essential that equipment is checked by players and coaches before use.  
**What else should be checked?**

Sports Equipment  
First-aid provisions

.....  
.....:  
A lack of preparation for any potential accidents on the sports field may cause undue risks to sports players. Experienced first-aiders or medical professionals and a fully equipped first aid kit should be available at all sports sessions.

Misuse of Equipment  
Safety Checklist

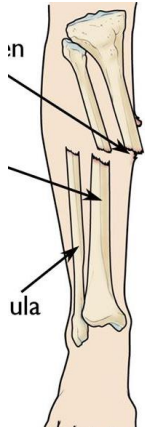
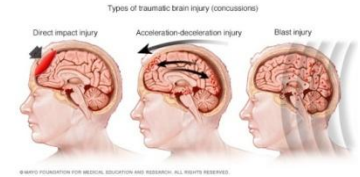
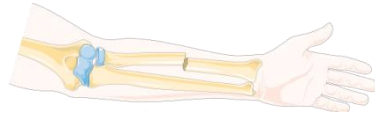
.....  
.....:  
A safety check of the sporting environment should be carried out before a game or training. It is vital to remove any dangerous objects and general considerations of potential risks.

.....  
.....:  
This is a useful tool to make sure all activities and equipment are safe to use and take part in.

# Types of injury

L1 – Match the key words to the photo.

L2/3 – Match the key words to the photo and explain the injury how this injury can occur



Open fracture  
Open fracture

Tendonitis  
Strain

Concussion  
Close fracture

Sprain  
Dislocation

# Spot the injury

L1 – Watch each video and describe the injury.

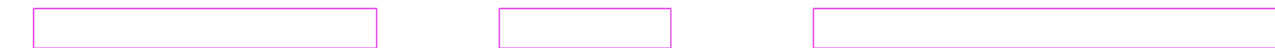
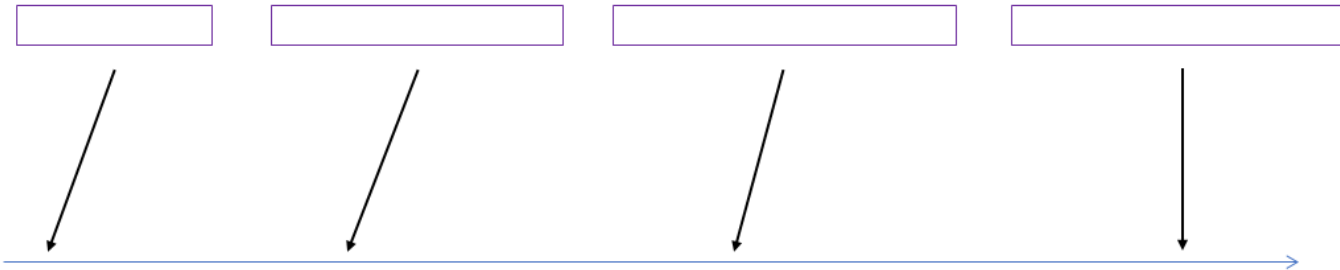
L2/3 – Watch each video and explain the injury and justify what happened?

1. <https://www.youtube.com/watch?v=Tyv4du7BT0c>
2. <https://www.youtube.com/watch?v=j7gXE6lflNg>
3. [https://www.youtube.com/watch?v=\\_NGS3a4TEKs](https://www.youtube.com/watch?v=_NGS3a4TEKs)
4. <https://www.youtube.com/watch?v=qB8yk420rsQ>

# Types of treatment

L1 – On the timeline insert where you think treatment starts both ‘in stages’ and ‘continuous process’ .

L2/3 –On the timeline insert where you think treatment starts both ‘in stages’ and ‘continuous process’ and explain each one



Core  
PRICE

Strength  
Proprioception

Function

Cardiovascular Fitness  
Flexibility

# Examples of injury

L1 – Describe the injury, how it occurred and what treatment you would use?

L2/3 – Explain the injury, evaluate how it occurred and justify what treatment you would use?

<u>Injury</u>	<u>How does it occur</u>	<u>Treatment</u>

# Well Done!

- We hope you enjoyed this lesson and it's given you a taster to what's to come at Bishop Burton!
- Remember always think outside the box, work smart and stay safe!









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