




## Year 9 Cycle 1 Sport and PE Knowledge Organiser

Week 1 and 2	Week 3 and 4	Week 5 and 6	Week 7 and 8	Week 9 and 10	Week 11 & 12
Injury Prevention	Treatment - RICE	Environmental risk factors	Acute injuries	Chronic injuries	Symptoms of common conditions
<p>Sports coaches and athletes try to prevent injuries from happening. There are two factors in injury prevention, <b>Extrinsic</b> and <b>Intrinsic</b>.</p> <p><b>Extrinsic Factors:</b></p> <ul style="list-style-type: none"> <li>- <u>Coaching &amp; supervision</u> – following rules and ensuring correct technique.</li> <li>- <u>Equipment</u> – Sport specific protective equipment.</li> <li>- <u>Correct clothing &amp; footwear</u></li> <li>- <u>Environmental</u> - weather, playing surface and other performers.</li> </ul> <p><b>Intrinsic Factors:</b></p> <ul style="list-style-type: none"> <li>- <u>Physical preparation</u> – warming up, being fit to play, balance of muscle strength.</li> <li>- <u>Psychological factors</u> – motivation, aggression level and anxiety level.</li> <li>- <u>Individual factors</u> – gender, age, sleep &amp; nutrition</li> </ul>	<p><u>What do we need to know about treating injuries?</u></p> <ul style="list-style-type: none"> <li>- The <b>TYPE</b> of injury</li> <li>- The <b>CAUSE</b> of injury</li> <li>- The <b>SYMPTON(S)</b> of injury</li> <li>- The <b>TREATMENT</b> of injury</li> </ul> <p><b>The assessment:</b></p> <p>S - See A - Ask L - Look T - Touch A – Active movement P – Passive movement S – Strength testing</p> <p><b>The Types:</b></p> <ul style="list-style-type: none"> <li>- Heat</li> <li>- Massage</li> <li>- Bandaging</li> <li>- Splints &amp; slings</li> </ul> <p><b><u>RICE – to treat <i>most</i> injuries;</u></b></p> <p>R - Rest I - Ice C - Compression E - Elevation</p>	<p><b>The type of activity will often present different types and levels of risk</b></p> <ul style="list-style-type: none"> <li>- The <b>weather</b> – rain, ice and snow can change the playing surface and fog can affect visibility.</li> <li>- The <b>playing surface</b> can affect the level of risk: Concrete, astro, ice, wooden floor etc.</li> <li>- <b>Other participants</b> – sometimes, an individual will have no control over the actions and decisions made by others around them. Good officiating can limit this kind of risk.</li> <li>- <b>Equipment</b> in the area of play – e.g. football posts or sponsor signage.</li> </ul> 	<p>Acute injuries are caused as a result of a sudden trauma to the body.</p> <p>Commonalities of acute injuries:</p> <ul style="list-style-type: none"> <li>- Immediate pain</li> <li>- Swelling</li> <li>- Loss of function</li> <li>- 'hard' tackle or impact with equipment.</li> </ul> <p>Examples:</p> <ul style="list-style-type: none"> <li>- Broken bone</li> <li>- Torn ligament</li> <li>- Instant concussion</li> <li>- Dislocation</li> </ul> <p>Acute injuries often include shock of some kind.</p> 	<p>These types of injuries occur and develop over a period of time.</p> <p>They are sometimes known as <b>OVERUSE</b> injuries.</p> <p>They are a result of continuous stress on one area of the body.</p> <p>If spotted and diagnosed early, they can be prevented. This will usually involve active rest or complete rest and sometimes a change in technique.</p> <p>Examples:</p> <ul style="list-style-type: none"> <li>- Tendonitis</li> <li>- Shin splints</li> <li>- Tennis elbow</li> </ul> 	<p>There are two main medical conditions:</p> <p><b><u>Epilepsy:</u></b></p> <p>Symptoms:</p> <ul style="list-style-type: none"> <li>- Seizures and or fits</li> <li>- Blurred vision</li> <li>- Tingling sensations</li> <li>- Sudden emotion</li> <li>- unresponsiveness</li> </ul> <p>Treatment:</p> <ul style="list-style-type: none"> <li>- Follow emergency care plan of individual</li> <li>- Keep calm</li> <li>- Offer reassurance</li> <li>- Keep airway clear</li> </ul> <p><b><u>Asthma:</u></b></p> <p>Symptoms:</p> <ul style="list-style-type: none"> <li>- Coughing &amp; wheezing</li> <li>- Chest tightness</li> <li>- Pale and clammy skin</li> </ul> <p>Treatment:</p> <ul style="list-style-type: none"> <li>- Reassurance</li> <li>- Inhaler</li> <li>- Emergency services</li> </ul>