



Accredited

# OCR LEVEL 3 CAMBRIDGE TECHNICAL CERTIFICATE/DIPLOMA IN SPORT

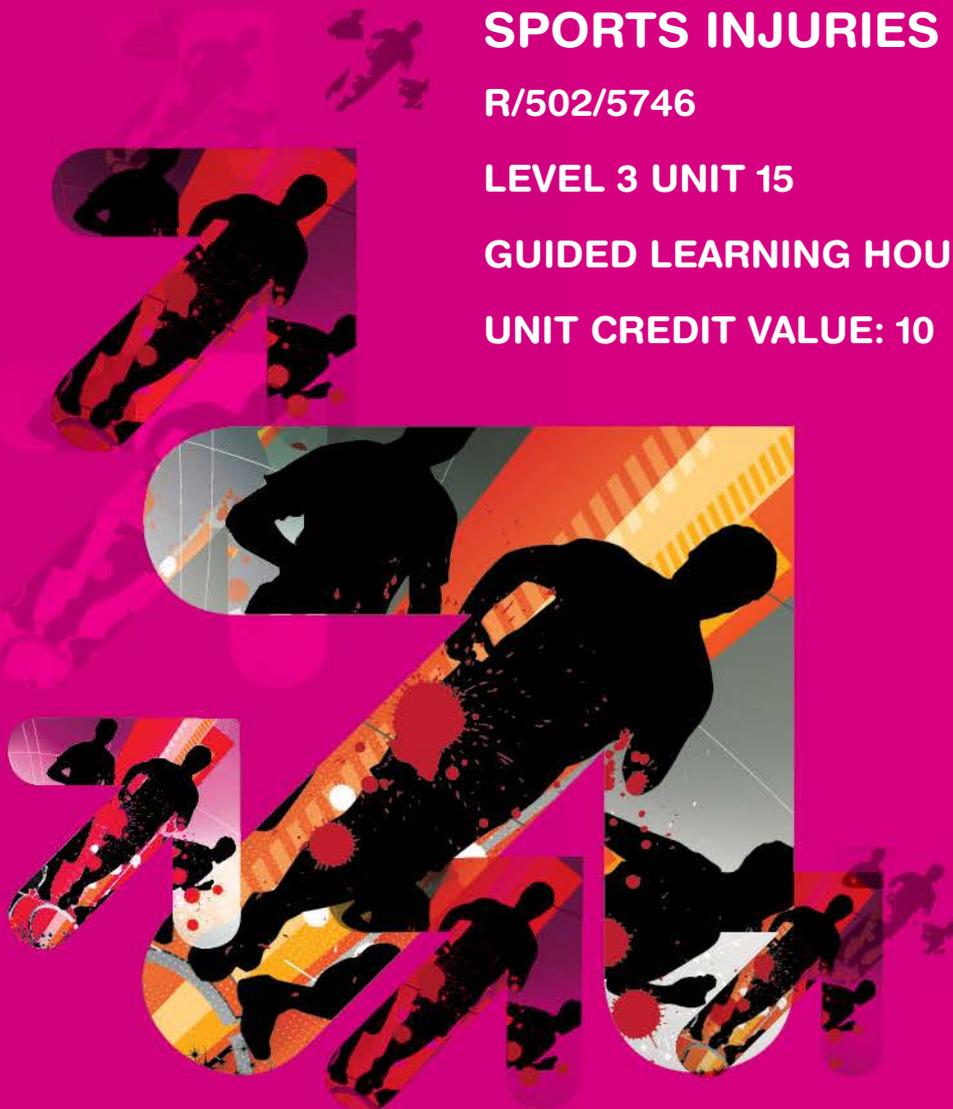
## SPORTS INJURIES

R/502/5746

LEVEL 3 UNIT 15

GUIDED LEARNING HOURS: 60

UNIT CREDIT VALUE: 10



# SPORTS INJURIES

R/502/5746

LEVEL 3

## AIM OF THE UNIT

If considering a future as a sports coach or leader, or potentially even a sports physiotherapist, sports rehabilitator, or a sport therapist, learners need to be able to identify extrinsic and intrinsic risk factors and preventive measures to try and reduce injuries occurring. Learners need to know how to react to common injuries that occur during sport and be able to plan treatment and rehabilitation programmes.

## PURPOSE OF THE UNIT

By completing this unit learners will study how to minimize the risk of injuries, by understanding preventive measures of extrinsic and intrinsic risk factors. Learners will discover how to react to common injuries that can occur during sport, and be able to plan treatment and rehabilitation programmes.

## ASSESSMENT AND GRADING CRITERIA

<b>Learning Outcome (LO)</b>  The learner will:	<b>Pass</b> The assessment criteria are the pass requirements for this unit.  The learner can:	<b>Merit</b> To achieve a merit the evidence must show that, in addition to the pass criteria, the learner is able to:	<b>Distinction</b> To achieve a distinction the evidence must show that, in addition to the pass and merit criteria, the learner is able to:
1 Know how common sports injuries can be prevented by the correct identification of risk factors	P1 describe extrinsic and intrinsic risk factors in relation to sports injuries  P2 describe preventative measures that can be taken in order to prevent sports injuries occurring	M1 give examples of preventative measures in sport which are in place and are designed to reduce risk factors	
2 Know about a range of sports injuries and their symptoms	P3 describe the physiological responses common to most sport injuries  P4 describe the psychological responses common to sports injuries		
3 Know how to apply methods of treating sports injuries	P5 describe first aid and common treatments used for four different types of sports injury	M2 identify potential psychological and physiological responses to treatment and rehabilitation programmes	D1 adapt a treatment and rehabilitation programme to include consideration of psychological and physiological responses
4 Be able to plan and construct treatment and rehabilitation programmes for common sports injuries	P6 design a safe and appropriate treatment and rehabilitation programme for two common sports injuries, with tutor support		

## TEACHING CONTENT

The unit content describes what has to be taught to ensure that learners are able to access the highest grade.

Anything which follows an i.e. details what must be taught as part of that area of content.

Anything which follows an e.g. is illustrative, it should be noted that where e.g. is used, learners must know and be able to apply relevant examples to their work though these do not need to be the same ones specified in the unit content.

### LO1 Know how common sports injuries can be prevented by the correct identification of risk factors

*Extrinsic risk factors:* i.e. coaching (e.g. poor coaching techniques, incorrect techniques, communication skills, playing by the rules of the sport) environmental factors (e.g. weather, cold weather (hypothermia), hot weather (e.g. heat stroke) playing surfaces), equipment (e.g. the use of protective equipment in a range of sport), clothing/footwear, safety hazards (e.g. reducing the risk by performing risk assessments, safety checks, emergency action plans).

*Intrinsic risk factors:* i.e. physical preparation (e.g. training, warm up, cool downs, fitness levels, overuse, muscle imbalances), individual variables (e.g. gender, age, flexibility, nutrition, sleep, previous or reoccurring injuries), posture (e.g. cause of poor posture - poor standing, sitting, physical defects, lack of exercise, fatigue, emotional factors, clothing, specific sports. how they cause injury (e.g. pelvic tilt, lordosis, kyphosis, round shoulder, scoliosis).

*Preventative measures:* i.e. role of the coach (e.g. up-to-date knowledge of sport/performer, adapt coaching style to performers ability/age/fitness level, communication); equipment and environment (e.g. checking equipment, risk assessments, protective equipment - mouth guards, shin pads, appropriate usage).

### LO2 Know about a range of sports injuries and their symptoms

*Physiological responses:* i.e. damaged tissue (e.g. primary damage response, healing response - inflammation, tissue healing, repair, the importance of scar tissue control in the re-modelling process); specific to injury (e.g. sprain/strain - signs and symptoms of first, second and third degree, inter/intra haematomas).

*Psychological responses:* i.e. response to injury (e.g. anxiety, depression, anger frustration, isolated from team mates); adherence to treatment and rehabilitation (e.g. anxiety, frustration, motivation, use of goal setting).

### LO3 Know how to apply methods of treating sports injuries

*Types of sports injury:* i.e. acute injuries – as a result of a sudden trauma to the body (e.g. tackle, being hit by a ball - result in immediate pain, and usually swelling with a loss of function), chronic injuries (also known as overuse injuries and are a result of continuous stress on an area e.g. achilles tendonitis, shin splints or tennis elbow. These injuries tend to come on gradually over a period of time), soft tissue – i.e. sprains, strains, overuse injuries (e.g. tendonitis, tennis elbow, golfers elbow, shin splints), contusions, fractures (e.g. open, closed), concussion, abrasions, blisters, cramp, injuries related to children (e.g. severs diseases, Osgood Schlatters disease).

*First aid:* i.e. emergency/immediate treatment (e.g. priorities, resuscitation, shock, bleeding, unconscious) casualty, fractures, summon qualified assistance, accident report forms, emergency action plans (EAP).

*Common treatments:* (e.g. PRICER (protect, rest, ice, compression, elevation, rehabilitation), SALTAPS (stop, ask, look, touch, active, passive strength), taping, bandaging, splints, hot/cold treatments, pain sprays, limb supports, electrotherapy (e.g. ultrasound, laser, TENS); medical referrals for specialist help as appropriate).

### LO4 Be able to plan and construct treatment and rehabilitation programmes for two common sports injuries

*Treatment:* i.e. based on accurate assessment (e.g. immediate and long term, use of specialist help and advice).

*Rehabilitation:* i.e. identification of stages of rehabilitation (e.g. stages 1-5, step ladder approach, acute stage, sub-acute, to re-establishing functional activity, strengthening exercises, on-going treatments, gradual increase in activity).

*Programme:* i.e. methods to improve the lost range of motion (ROM) (e.g. flexibility stretching - passive, active, proprioceptive neuromuscular facilitation – PNF); strengthening and co-ordination exercises; reduction of pain, psychological

considerations during rehabilitation (e.g. goal setting - short-term, long-term), motivation, anxiety; the need for a careful structured approach to rehabilitation, recording documentation and tracking of treatment ( e.g. injury history, up-to date and accurate information, appropriate forms, timescales and review dates, measurable objectives).

## DELIVERY GUIDANCE

The very nature of sport and activity means that injury and accidents inevitably occur and so knowledge of preventive measures to reduce risk factors, the treatment and rehabilitation of injuries and the psychological aspects of injuries must be clearly understood.

**LO1** Learners should consider extrinsic and intrinsic factors which may cause injury and how they could be prevented. Being able to identify and follow a range of preventative measures will improve learners understanding of the implications for the prevention of injury for all those involved in sport.

**LO2** Learners should be able to identify and describe a range of physiological responses to common injuries. This should include instant signs and symptoms of acute injuries as well as gradual signs and symptoms of chronic injuries. Learners should also be able to describe what is or has happened internally following an injury as well as externally.

For psychological responses, learners could be asked to reflect on their own experience of injury and discuss, in groups, how they felt when they suffered an injury and afterwards (e.g. the next time they competed in the sport). Learners could also consider how professional athletes have been psychologically affected by injury, for example, Petr Cech still wears protective headgear following his fractured skull, even though the injury is now fully healed.

**LO3** Tutors could set up role-play situations for the assessment of injury so that learners can become familiar with the stages involved in SALTAPS and PRICER. Underpinning knowledge for LO3 should be current and relevant. The use of industry links for this information, such as the YMCA, ACSM and St. John's Ambulance, Red Cross and The FA is strongly recommended. Tutors could set up role play situations where learners can practise dealing with different types of injury in sport. Furthermore, the ability to recognise and respond both effectively and appropriately to emergency situations in sport will help to prepare individuals for action and outline responsibilities should the situation arise.

**LO4** The emphasis for this LO should be on both the theoretical knowledge with the treatment and rehabilitation

of sport injuries and practical sessions that enable learners to readily apply knowledge to real situations. Learners could practically demonstrate rehabilitation techniques.

## GUIDANCE ON ASSESSING THE SUGGESTED TASKS

The table below shows suggested scenarios that cover the pass, merit and distinction criteria in the assessment and grading grid.

You have been invited to shadow a sport therapist and be involved with observing the treatment of sport injuries and designing rehabilitation programmes.

Criteria	Assignment title	Scenario	Assessment
P1, P2 and M1	Common sport injuries	Before you go and shadow the sport therapist you have decided to do some background reading on common sport injuries, how they are caused (risk factors), preventative measures and how these measures can reduce sport injuries.	Learners could produce a report, presentation or a leaflet.
P3 and P4	Physiological and psychological responses	The sport therapist has asked you to put a presentation together on the physiological and psychological responses common to most sport injuries.	Learners should look at a range of injuries, and discuss physiological and psychological responses which are common to most sport injuries
P5	Treating sport injuries	The sport therapist will be taking you pitch side and in the clinic for the day. So to get you ready they have given you scenario of injuries that could occur and how you might treat them.	Learner could complete this as role plays, learners could write up how they would deal with injuries and how they might treat them. Witness statements could be used as evidence for some of this assessment criteria. An appropriate first aid course could be linked to part of this assessment criterion.
P6, M2 and D1	Rehabilitation programme	An injured athlete has turned up to see the sport therapist. You have been asked to design a rehabilitation programme for that athlete. Justify your choices linking into psychological and physiological responses.	Learners will design a rehabilitation programme which is appropriate to the injury. Tutors need to include a statement about how much support was given to the learner.

## RESOURCES

### Books

Houglum, P.A. (2010) *Therapeutic Exercise for Musculoskeletal Injuries*. Champaign: IL: Human Kinetics, 3rd ed

Madden, C., Putukian, M., McCarty, E. and Young, C. (2010) *Netter's Sports Medicine*. Philadelphia, USA: Elsevier

### Websites

*American College of Sports Medicine*. <http://www.acsm.org>

*Coachwise 1st4sport*. <http://www.1st4sport.com>

Coachwise 1st4sport is a specialist publisher, mail order catalogue and e-commerce site of sports books, videos, training tools, coaching aids and sports-related software.

<http://physicaltherapy.about.com>

[www.electrotherapy.org](http://www.electrotherapy.org)

*Institute of Leisure and Amenity Management*. <http://www.ilam.co.uk>

*Sports Coach UK*. <http://www.sportscoachuk.org>

Links for coaching contact information/fact sheets and resources for coaches

*St. John Ambulance*. <http://www.sja.org.uk>

*YMCA Fitness Industry Training*. <http://www.ymcafit.org.uk>

A virtual sport injury clinic, includes information on sport injuries and rehabilitation <http://www.sportinjuryclinic.net>

## MAPPING WITHIN THE QUALIFICATION TO OTHER UNITS

**Unit 1:** Principles of Anatomy and Physiology in Sport

**Unit 4:** The Physiology of Fitness

**Unit 9:** Exercise for Specific Groups

**Unit 12:** Applied Sport and Exercise Physiology

**Unit 14:** Instructing Physical Activity and Exercise

**Unit 18:** Sport and Exercise Massage



## **CONTACT US**

Staff at the OCR Customer Contact Centre are available to take your call between 8am and 5.30pm, Monday to Friday.

We're always delighted to answer questions and give advice.

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