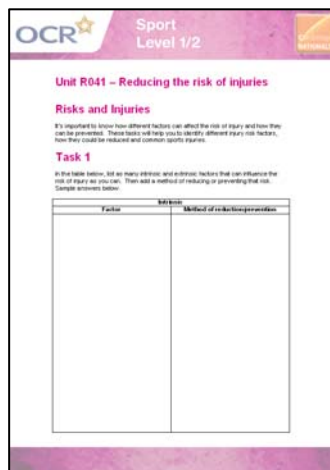


Unit R041 – Reducing the risk of injuries

Risks and Injuries

Instructions and answers for Teachers

These instructions should accompany the OCR resource 'Risks and Injuries', which supports the Cambridge Nationals in Sport Science Level 1/2 Unit R041 – Reducing the risk of injuries.



Associated Files:
Risks and Injuries

Expected Duration:
Task 1 approx 30 minutes
Task 2 approx 10 minutes
Task 3 approx 10 minutes

This resource comprises of three tasks.

Task 2 is also available as an on screen quiz.

It's important to know how different factors can affect the risk of injury and how they can be prevented. These tasks will help you to identify different injury risk factors, how they could be reduced and common sports injuries.

Task 1

In the table below, list as many intrinsic and extrinsic factors that can influence the risk of injury as you can. Then add a method of reducing or preventing that risk. Sample answers below.

Intrinsic	
Factor	Method of reduction/prevention
Fitness levels	Stay physically active and get regular exercise to increase your general fitness levels which make you less likely to get injured when participating in physical activity.
Individual	Appropriate to your age and gender, make sure you get sufficient sleep, eat well and keep physical flexibility.
Psychological	You need to have the right level of motivation.
Posture	Be more aware of your posture, including how you sit, bend and lift.

Extrinsic	
Factor	Method of reduction/prevention
Equipment eg protective equipment	Wear appropriate protective equipment, such as a head guard when sparring in boxing, will help to reduce the risk of being injured.
Coaching	Make sure your coach is properly qualified and you understand what you are being asked to do.
Environment	Don't play your sport in inappropriate weather conditions.
Safety	Make sure all the necessary risk assessments have been completed and that emergency action plans are in place.

Task 2 (Word version)

Complete the following sentences by filling in the blanks using the words from the table below.

Warming up will increase your body temperature.

A key component of a cool down is pulse lowering.

A psychological benefit of warming up is that it improves concentration.

Cooling down will help to remove waste products such as lactic acid.

Warming up will increase the flexibility of muscles and joints.

Cool downs help the body's transition back to a resting state.

When carrying out a warm up or cool down you should take the participants' age into consideration.

A warm up will cause an increase in the speed of muscle contraction.

Cool down will help reduce the risk of muscle soreness.

Exercises that take a joint through its full range of motion help to improve mobility.

age	mobility
flexibility	reduce
improves	remove
increase	resting
lowering	speed

Task 2 (on-screen quiz version)

Reducing the Risk of Sport Injuries

Exit


- 1) Warming up will increase your body temperature.
- 2) A key component of a cool down is pulse lowering.
- 3) A psychological benefit of warming up is that it improves concentration.
- 4) Cooling down will help to remove waste products such as lactic acid.
- 5) Warming up will increase the flexibility of muscles and joints.
- 6) Cool downs help the body's transition back to a resting state.
- 7) When carrying out a warm up or cool down, you should take the participants' age into consideration.
- 8) A warm up will cause an increase in the speed of muscle contraction.
- 9) Cool down will help reduce the risk of muscle soreness.
- 10) Exercises that take a joint through its full range of motion help to improve mobility.

Cambridge NATIONALS Sport Level 1 / 2

OCR 

Task 3

Write the word (from the box below) which describes the common sports injuries shown in the pictures below. Answers below.

1		2	
3		4	
5		6	
7		8	

Picture	Injury
1	Fracture (tibia/fibula)
2	Strain (hamstring)
3	Bruise/contusion
4	Blister
5	Cramp
6	Concussion
7	Cut/abrasion
8	Sprain



These activities offer an opportunity for English skills development.