Year 9 Sport Science

Factors that Influence the risk of injury

Extrinsic Factors- risk or factors from outside the body

Term 3

Equipment

Protective- must be worn, EG shin pads in football, mouthguard for Boxing. Cyclist wear helmets to help absorb impact

Performance- needed to play/perform EG harness for climbing, cricket bat.

Clothing/Footwear- appropriate for sport/weather/surface. EG tight fitted clothing for cycling/gymnastics, studded boots for muddy pitch.

Type of Activity

All activities have **RISK (INJURY).** Contact Sports include contact from another performer (Rugby tackle) or from equipment (Hockey stick). Non-contact have no contact with others (Swimming).

Environment

Weather- being too hot or cold, rain, frozen ground strong winds. They can have all an impact on risk.

Surface- pitch may be waterlogged, near obstructions (posts, walls), waterlogged pitch.

Others- same age, size, weight, fitness, skill level or experience. EG same weight for Boxing.

Coaching/Supervision

Are players shown correct technique (no= injury more likely)

Poor Communication Skills- coach not explaining or showing what needs to be done. Increased risk of injury.

Adhere to Rules & Regulations- Referee is there to enforce rules in a game to ensure safety.

Safety Hazards

Depending on the activity, the level of risk can be high or low.

Risk Assessment- done to minimise risk/chance of injury. Risk can be low, medium or high depending on activity.

Safety Checks- check equipment that is being used, along with players' protective equipment.

Emergency Action Plans- this is a written plan of what actions to tale in case of an emergency at a sporting event.

INTINSIC FACTORS WHICH CAN INFLUENCE THE RISK OF INJURY

Risks or factors from within the body.

Physical Preparation

Training- must train for a sport. If not fatigue will set in, making you more prone to injury. EG strain.

Warm-up/Cool Down- ensures body is prepared for Sport and

Fitness Levels- linked to training. The fitter you are for that sport, the less likely you are to get an injury.

Individual Variables

- **Gender**- men generally stronger/heavier. Most sports cannot be mixed gender.
- **Age**- balanced competition for sports. **Younger**- bones not fully developed. **Older**- bones more susceptible to fractures (osteoporosis) - less contact sports. **Flexibility-** decrease as you get older- muscles more likely to tear.
- **Nutrition**- healthy balance diet to help play sport. RG Carbs to give you energy.
- **Sleep**- helps body to recover from sport. Children need more.
- **Previous Injuries**- can re-occur. Dislocations can happen again, reversibility leaves muscles week.

Overuse- playing to much sport and not giving your body time to recover can increase chance of injury.

Muscle Imbalance- if one muscle is stronger than another (working in pairs), one side can become too tight.

Using the information above complete a **CHALLENGE of your choice** for homework and **upload to your PE group** on MS TEAMS – **click here to access CHALLENGES**