


PHYSICAL EDUCATION / SPORT SCIENCE Term 3

Injury Exam Unit–


INTRINSIC FACTORS influencing injury

- Ipipp – (Individual variables, Physical preparation, Injuries, Posture, Psychological Factors)

1.2 Intrinsic factors	
<p>1.2.1 Individual variables:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Gender <input type="checkbox"/> Age <input type="checkbox"/> Experience <input type="checkbox"/> Weight <input type="checkbox"/> Fitness levels <input type="checkbox"/> Technique/ability <input type="checkbox"/> Nutrition/hydration <input type="checkbox"/> Medical conditions <input type="checkbox"/> Sleep <input type="checkbox"/> Previous/recurring injuries <p>1.2.2 Psychological factors, overview of:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Motivation <input type="checkbox"/> Arousal <input type="checkbox"/> Anxiety/stress <input type="checkbox"/> Confidence <input type="checkbox"/> Aggression <ul style="list-style-type: none"> ▪ Direct ▪ Channelled 	<p>1.2 To include:</p> <ul style="list-style-type: none"> • Compare and contrast how different intrinsic factors can influence the risk and severity of injury • How some individual variables (1.2.1) can influence other individual variables e.g. weight of a participant can influence their fitness levels <p>1.2.1 To include:</p> <ul style="list-style-type: none"> • Links with medical conditions (Topic Area 5) <p>1.2.2 and 1.2.3 To include:</p> <ul style="list-style-type: none"> • Links with coaching (1.1.2) human interaction (1.1.3) <p>Consider the links with:</p> <ul style="list-style-type: none"> • Different types and causes of sports injuries (Topic Area 3) • Safety checks (4.1.1)
<p>1.2.3 Reasons for aggression:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Level of performance <input type="checkbox"/> Retaliation <input type="checkbox"/> Pressures to win (performer/coach/spectators) <input type="checkbox"/> Decisions of officials <input type="checkbox"/> Performance enhancing drugs <p>1.2.4 Mental strategies:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Mental rehearsal <input type="checkbox"/> Imagery <input type="checkbox"/> Selective attention 	 <ul style="list-style-type: none"> • 1.2.4 Links with warm up (2.1)

EXTRINSIC FACTORS influencing injury

- E CHEAt – (Environment, Coaching, Equipment, Activity Type)

1.1 Extrinsic factors	
1.1.1 Types of sports activity: <ul style="list-style-type: none"> □ How different sporting activities can influence types of injury 	1.1 To include: <ul style="list-style-type: none"> • Compare and contrast how different extrinsic factors can influence the risk and severity of injury • How some extrinsic factors can influence other extrinsic factors or part of the same extrinsic factor, e.g. the effects that playing surfaces (1.1.3) can have on appropriate footwear (1.1.4); the effect officials (1.1.3) can have on participants (1.1.3) <p>Consider the links with other topic areas:</p> <ul style="list-style-type: none"> • Warm up/cool down routines (Topic Area 2) • Human interaction (1.1.3), psychological factors (1.2.2) and reasons for aggression (1.2.3) • Different types and causes of sports injuries (Topic Area 3) • Safety checks (4.1.1) • How weather conditions can affect medical conditions (Topic Area 5)
1.1.2 Coaching/Instructing/Leading: <ul style="list-style-type: none"> □ Knowledge of techniques/rules/regulations □ Experience □ Communication □ Supervision □ Ethical standards/behaviour 	
1.1.3 Environment: <ul style="list-style-type: none"> □ Weather/temperature conditions □ Playing surface (natural and artificial) and surrounding area □ Human interaction <ul style="list-style-type: none"> ▪ Other performers/participants ▪ Officials ▪ Spectators 	
1.1.4 Equipment: <ul style="list-style-type: none"> □ Protective equipment □ Performance equipment □ Clothing □ Footwear 	

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](#)