## **Component 1 How to Optimise Training and Prevent Injury**

Injury prevention	Explanation					
PAR-Q	ldentify potential health risks such as high blood pressure					
Allow recovery time	Prevent overuse injuries by allowing time to rest and recover					
Warm-up	Increases elasticity of muscles					
Use correct clothing	Clothing can protect different parts of our body					
Apply the rules	Rules are there to protect performers from injury Equipment should be checked and appropriate for the age group					
Use correct equipment						
Check Equipment	Equipment should be checked so that faulty or inappropriate does not cause injury					
Check facilities						
Apply principles of training	Ensure you use progressive overload and are working at the correct intensity & allow rest					
Balanced competition	Competition should be balanced in age, weight, skill and sex					

## Application

Check Equipment When playing plays must check the correct equipment such as padded goal posts. The padded posts reduce the chance of injury if a player runs or fall into them Warm-Up Player warms up before they play to ensure the elasticity of muscle so they are less likely to

Check Facilities Before you play obstacles such as broken glass should be removed from the pitch

**Balanced** Competition

Player will only play against his

own age, sex, ability

pull or stain them

trains they will fill in a PAR-Q to highlight any protect their teeth health problems 20 Allow Recovery Time After the match the player will rest to allow recovery and adaption. This prevents overuse injuries Apply the Rules Player are not allowed to tackle above the shoulder this prevents injuries to the head such as concussion Use Correct Equipment Players should use the correct sized and weight of

PAR-Q

Before the player

injury
Apply Principles of Training
Players should use the correct sized and
weight of ball to reduce the chance of injury

ball to reduce the chance of

Fractures:				Injuries:				
				Sprain				
Compound	Simple	Greenstick	Stress		A sprain is a soft	Symtoms	Treatment	
			e	- M/	tissue injury where	Pain	• Rest	
	<b>(</b>	6	Se	Ligaments	some of the fibres of	Bruising	• Ice	
C RE	R	20	(RE	XZ	the ligament are torn	Swelling	Compression	
	H	( XE		Conte			<ul> <li>Elevation</li> </ul>	
	(	+		A sprain can occur during a twisting or overstretching the joint				
			$\mathbf{e}$			Strain		
	ST (			077	Strains are a soft tissue	Symtoms	Treatment	
					injury and is a stretch or	• Pain	• Rest	
		Greenstick fracture			tear to the muscle.	<ul> <li>Bruising</li> </ul>	• lce	
Compound or	Simple or closed	is where the bone	Stress fractures is	W.	Sometimes known as a	<ul> <li>Swelling</li> </ul>	Compression	
open fractures are	fractures are when	breaks at one side	where there is a small		pulled muscle		<ul> <li>Elevation</li> </ul>	
when the bone is	the bone is broken	and bends on the	crack in the bone		A strain occ	cur due to overstretching	9	
broken and causes but does not break		other. They are	usually casused					
the skin to break		common in cildren	through overuse	Tennis/Golfers Elbow				
				Island on and Illa	Tennis/golfers elbow is a	Symtoms	Treatment	
Svmr	otoms	Trea	atment	strained & inflammed	oint injury where the tendons		Rest	
					are inflamed.	<ul> <li>Swelling</li> </ul>	• Ice	
Pain				Goters	Tennis elbow the pain is felt		Compression     Elevation	
Bruising			a doctor who will make	metial	on the outside of the elbow		<ul> <li>Elevation</li> </ul>	
• Swelling		sure the bone is properly aligned and imobilised unitil it has healed		strained &	Golfers elbow the pain is felt on the inside			
<ul> <li>Misshapen limb</li> </ul>	Misshapen limb     imobilised		ii if has healed	infammed	on me inside			
					Tennis and golfers	s elbow are caused by	overuse	
A fracture is cause when a force on the bone is greater than the bone itself. A fracture can be caused by a tackle in rugby, or falling from a height in basketball								
				Torn Cartilage				
			Meniscus	Cartilage act as cushion at	Symtoms	Treatment		
R.I.C.E.				the ends of bones. Torn	• Pain	Rest and strengthening exercises		
 			LX I	cartilage is an injury where	<ul> <li>Swelling</li> </ul>			
1. Rest				A D	small tears appear in the	<ul> <li>Stiffness at the</li> </ul>		
			cartilage joint					
Do not use the injured area, allowing time to heal and to prevent further damage				Torn cartilage can happen when you twist forcefully, sudden impact/stopping				
						Abrasions		
					Abrasions are minor	Symtoms	Treatment Abrasions must be cleaned &	
	1				injuries to the skin and include cuts and	Pain	covered with a sterile dressing.	
2. Ice				-	grazes	<ul> <li>Swelling</li> </ul>	Pressure should be applied if	
		e ice will help reduc	•	710	giuzes		bleeding	
pain by constricting the bloc			s. Do not apply ice					
direct onto the skin and n		kin and not for too l	not for too long		Abrasions can occur in any activity due to a knock or a fall			
				Conqueston is a setted	Concussion	Treatment		
				(FORCE)	Concussion is a mild head/brain injury. It	<ul><li>Symtoms</li><li>Confusion</li></ul>	Seek medical advice and	
3. Compress					is caused by a blow	<ul> <li>Dizziness</li> </ul>	monitor closely to make sure the	
		pply a bandage to the area to help reduce swelling d provide support. Make sure the bandage is not			to the head or by	<ul> <li>Unconsciousness</li> </ul>	symptoms do not get worse	
					whiplash shaking the	Nausea		
		too tight			brain inside the skull			
		ioo iigiii		Concussion is common in contact sports such as rugby when getting tackled				
					Dislocation			
					Dislocation is where	Symtoms	Treatment	
4. Elevate					one of the bones at a	Pain	Seek medical advice because of	
	Kanada Ko				joint comes out of	<ul> <li>Misshapen joint</li> </ul>	possible damage to surrounding	
		Keep the affected area raise to reduce swe reducing the blood flow		1 sol	place, e.g. shoulder,	<ul> <li>Swelling</li> </ul>	nerves	
	reducing the blo			4/	knee finger	, v		
				10 10 10 10 10 10 10 10 10 10 10 10 10 1				
				Dislocations are often caused by a fall or a blow to the area.				