3.7 Injury Prevention Including Common Sporting Injuries: 10-minute Pack

AQA 8582 · Calculator allowed · about 10 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer ALL questions. Show all your working.

1 Name the injury where a bone is forced out of its normal position at a joint.

(Total for Question 1 is 1 mark)

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2 PRICE is a protocol used for the initial treatment of a soft-tissue injury such as an ankle sprain. State what each letter stands for, and briefly explain its purpose.

(a) P **(1)**

(b) R **(1)**

(c) I **(1)**

(d) C **(1)**

(e) E **(1)**

(Total for Question 2 is 5 marks)

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3 Explain why intrinsic risk factors are often easier for an individual athlete to manage or reduce than extrinsic risk factors.

(Total for Question 3 is 3 marks)

4 Explain the difference between a stress fracture and a traumatic fracture.

(Total for Question 4 is 2 marks)

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Mark scheme · 3.7 Injury Prevention Including Common Sporting Injuries: 10-minute Pack

Question 1

a dislocation **B1**

Answer: A dislocation.

Question 2

(a) Protection - protect the injured area from further damage, oe **B1**

(a) Answer: Protection - protect the injured area from further damage.

(b) Rest - stop the activity and avoid putting weight on/using the injured area, to prevent further harm, oe **B1**

(b) Answer: Rest - stop the activity and avoid using the injured area, to prevent further harm.

(c) Ice - apply ice to the injury to help reduce swelling and pain by constricting blood vessels, oe **B1**

(c) Answer: Ice - apply ice to help reduce swelling and pain by constricting blood vessels.

(d) Compression - apply a bandage to help limit swelling, oe **B1**

(d) Answer: Compression - apply a bandage to the area to help limit swelling.

(e) Elevation - raise the injured area above the level of the heart to help reduce blood flow/swelling to the area, oe **B1**

(e) Answer: Elevation - raise the injured area above the level of the heart to help reduce swelling.

Question 3

intrinsic risk factors, such as fitness level and technique, are largely within the athlete's own control, oe **B1**

because they can be improved directly through the athlete's own training, coaching and practice, oe **B1**

whereas extrinsic risk factors, such as weather, playing surface or an opponent's actions, are largely outside the individual athlete's direct control, even though officials/organisers can help manage some of them, oe **B1**

Answer: Intrinsic risk factors, such as fitness level and technique, are largely within the athlete's own control because they can be improved directly through their own training, coaching and practice. Extrinsic risk factors, such as weather, playing surface or an opponent's actions, are largely outside the individual athlete's direct control, even though officials or organisers can help manage some of them.

Question 4

a stress fracture develops gradually from repeated, smaller impacts or overuse over time, e.g. in a long-distance runner's shin or foot, oe **B1**

a traumatic fracture is caused by a single, sudden, high-force impact, e.g. a heavy tackle or a fall, oe **B1**

Answer: A stress fracture develops gradually from repeated, smaller impacts or overuse over time, such as in a long-distance runner's shin or foot. A traumatic fracture is caused by a single, sudden, high-force impact, such as a heavy tackle or a fall.

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