3.9 Reducing the Risk of Injury: Environmental Factors, Clothing and Technique: Test Pack

Total Marks

AQA 8582 · Calculators not allowed · about 15 minutes

Name: _____ Date: ____ / ____ / _____

Answer ALL questions. Show all your working.

1 Sports hall netball match: Which of the following is the best immediate action to reduce slip risk from a small wet patch on the playing surface?

- ☐ A) Continue play while players avoid the area
- ☐ B) Stop play and have the patch dried or the surface cleaned
- ☐ C) Move the players to the opposite end of the hall and restart
- ☐ D) Put cones around the patch but keep playing

(Total for Question 1 is 1 mark)

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2 A school converts its main hall, normally used for assemblies and lunch, into a temporary badminton court for a Year 10 lesson. Identify one facility-related risk factor a PE teacher should check for before this lesson begins.

(Total for Question 2 is 1 mark)

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3 In a school athletics field event, state one piece of clothing that athletes should avoid wearing because it could increase the risk of injury.

(Total for Question 3 is 1 mark)

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4 Officials do not only check equipment before a match; they also act during play. Name one action a referee can take during a match to reduce injury risk to players.

(Total for Question 4 is 1 mark)

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5 A coach is supervising an outdoor training session on a very hot afternoon and is checking players for early signs of heat illness. Identify one sign of heat exhaustion the coach should watch for.

(Total for Question 5 is 1 mark)

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6 A PE teacher is officiating a Year 8 hockey match and notices some students are unfamiliar with the obstruction rule. Suggest two ways the teacher, acting as an official, could reduce injury risk before and during this match.

(Total for Question 6 is 2 marks)

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7 Describe two features of good football boots for a muddy outdoor pitch and how each feature reduces injury risk.

(Total for Question 7 is 2 marks)

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8 A youth football club plays its home matches on an artificial 3G pitch and requires all players to wear shin pads. Explain why wearing shin pads is particularly important for reducing injury risk on this type of pitch.

(Total for Question 8 is 3 marks)

9 A novice coach observes students repeatedly performing a gym exercise with poor alignment. Explain two ways poor technique during repeated practice can increase the chance of an overuse injury.

(Total for Question 9 is 3 marks)

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Mark scheme · 3.9 Reducing the Risk of Injury: Environmental Factors, Clothing and Technique: Test Pack

Question 1

B **B1**

Answer: B (stop play and have the patch dried or the surface cleaned)

Question 2

not enough clear space around/between courts, e.g. stacked furniture, a wall or another court too close, that a player could collide with, oe **B1**

Answer: Not enough clear space around the courts, for example a player being able to collide with a wall, stacked chairs or another badminton court, because the hall was not laid out for badminton.

Question 3

loose jewellery / necklaces / large earrings **B1**

Answer: Loose jewellery

Question 4

stopping play/awarding a penalty for dangerous play, e.g. a high tackle, oe **B1**

Answer: Stopping play or awarding a penalty when dangerous play occurs, for example a high tackle.

Question 5

any one recognised sign, e.g. heavy sweating, dizziness/light-headedness, nausea, pale/clammy skin, headache, muscle cramps, oe **B1**

Answer: Heavy sweating (or another recognised sign such as dizziness, nausea, pale/clammy skin, headache or muscle cramps).

Question 6

briefly explain/remind players of the relevant rules (e.g. obstruction, high stick) before the match starts, oe **B1**

consistently penalise dangerous play as it happens so players learn where the boundary is and do not repeat it, oe **B1**

Answer: The teacher could remind players of the relevant rules, such as obstruction, before the match starts, and consistently penalise dangerous play as it happens so players learn where the line is and do not repeat it.

Question 7

stud pattern that provides grip, reducing slipping, oe **B1**

firm heel support to stabilise the ankle, reducing twisting injuries, oe **B1**

Answer: A stud pattern that provides grip reduces slipping on mud, and firm heel support stabilises the ankle, reducing the risk of twisting injuries.

Question 8

an artificial 3G pitch is harder and less forgiving than natural grass, oe **B1**

a mistimed tackle or collision on a hard surface transmits more force directly to the shin than the same contact would on softer ground, oe **B1**

shin pads absorb and spread this impact force, reducing the risk of bruising or fracture to the shin, oe **B1**

Answer: A 3G pitch is harder than natural grass, so a mistimed tackle transmits more force directly to the shin; shin pads absorb and spread that force, reducing the risk of bruising or a fracture.

Question 9

repeatedly loading structures in an inefficient way causes uneven stress on muscles or tendons, leading to microtears, oe **B1**

compensatory movement patterns develop, increasing load on other joints and tissues not designed for it, oe **B1**

over time this cumulative damage reduces tissue resilience and increases the risk of a clinical overuse injury, oe **B1**

Answer: Repeated poor alignment loads tissues inefficiently, causing uneven stress and microtears; compensatory patterns load other joints and tissues more; over time the cumulative damage reduces tissue resilience and increases the chance of a clinical overuse injury.

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