

Unit title	Sports Injuries
Unit level	Three
Unit credit value	3
Unit code	WNI841
Unit type	Academic Subject Content
Unit review date	31/12/2028
Graded/Ungraded	Graded

This unit has 4 learning outcomes:

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand common sports injuries and their effects on sports performance.	1.1 Describe common acute, overuse sports injuries. 1.2 Describe the physiological effects to common sports injuries. 1.3 Describe the psychological responses to common sports injuries.
2. Understand how common sports injuries can be prevented by the correct identification of risk factors.	2.1 Describe extrinsic and intrinsic risk factors in relation to sports injuries. 2.2 Describe preventative measures for the occurrence of sports injuries.
3. Know how to treat common acute sports injuries.	3.1 Describe common treatments used for three different acute sports injuries.
4. Be able to plan a treatment and rehabilitation plan.	4.1 Design a safe treatment and rehabilitation programme.

Assessment (Graded)

1. Meets assessment criteria	At least a Pass
2. Further grading	
▪ Meets assessment criteria but not merit grading standards	Pass
▪ Meets assessment criteria and merit but not distinction grading standards	Merit
▪ Meets assessment criteria and distinction grading standards	Distinction

Indicative content

The following content is to be included in the delivery of the unit.

Learning outcomes	Indicative content
1 - Acute	<ul style="list-style-type: none"> • Bone – fractures, e.g. transverse, oblique, spiral and comminuted. • Articular cartilage – osteochondral, meniscal tear. • Joint – dislocation, subluxation. • Ligament sprain/tear – grade I, II, III. • Muscle strain/tear – grade I, II, III, haematoma inter and intra, cramps • Tendon – partial and complete tear, tendinitis • Tendinosis, tendinopathy, mechanism • Bursa – traumatic bursitis. • Skin – abrasions, lacerations, puncture wounds, contusions
1 - Overuse	<ul style="list-style-type: none"> • Bone – stress fracture, osteitis, apophysitis. • Articular cartilage – chondropathy. • Joint – synovitis, osteoarthritis. • Ligament – inflammation. • Muscle – chronic compartment syndrome, muscle focal thickening. • Tendon – tendinopathy, including tendinitis, tendinosis, paratenonitis, tenosynovitis. • Bursa – bursitis. • Skin – blister, callus
1 – Physiological responses	<p>Phase 1 – the inflammatory phase:</p> <ul style="list-style-type: none"> o length of time o physiological responses o main functions

	<p>o signs and symptoms – pain, swelling, redness, heat, loss of function</p> <p>Phase 2 – the proliferative (tissue formation) stage:</p> <p>o length of time o physiological responses o main functions o signs and symptoms.</p> <p>Phase 3 – the maturation (remodelling) phase:</p> <p>o length of time o physiological responses o main functions o signs and symptoms</p>
1 – Psychological effects	<p>Possible psychological effects of suffering a sports injury, i.e.</p> <ul style="list-style-type: none"> • anger • anxiety • depression • frustration • isolation from teammates • demotivated
2 – Intrinsic Risk Factors	<p>Intrinsic factors which can influence the risk of injury, i.e.</p> <ul style="list-style-type: none"> • physical preparation, i.e. <ul style="list-style-type: none"> o training o warm-up o cool-down o fitness levels o overuse o muscle imbalances • individual variables, i.e. <ul style="list-style-type: none"> o gender o age o flexibility o nutrition o sleep o previous/recurring injuries • psychological factors, i.e. <ul style="list-style-type: none"> o motivation o aggression o arousal/anxiety levels
2 – Extrinsic Risk Factors	<ul style="list-style-type: none"> • type of activity • coaching/supervision • environmental factors

	<ul style="list-style-type: none"> • equipment • safety hazards • Incorrect technique • Social factors such as attitudes and influences of coaches
2 – Preventative Measures	<ul style="list-style-type: none"> • risk assessment • use of correct equipment • wearing of correct kit • warm-up and cool-down activities, i.e. • appropriate coaching techniques • hydration and nutrition • rest and recovery
3 Common Treatments	<ul style="list-style-type: none"> • First aid – primary and secondary survey, emergency/immediate treatment (priorities, resuscitation, shock, bleeding, unconscious casualty, fractures, prevention of infection, summon qualified assistance), risk assessment, accident reporting procedures/form • PRICED (protect, rest, ice, compression, elevation, diagnosis by professional) • SALTAPS (stop, ask, look, touch, active, passive strength) • Taping, bandaging, Tubigrip • Splints • Hot/cold treatments • Pain sprays limb supports • Electrotherapy • Medical referrals for specialist help as appropriate.
4 – Treatment and Rehabilitation Program	<p>The different types of treatment that can be used to support rehabilitation from sports injury,</p> <ul style="list-style-type: none"> • RICE • hot/cold/contrast bathing • immobilization • anti-inflammatory drugs • exercise rehabilitation • hydrotherapy <p>Different phases of treatment</p> <ul style="list-style-type: none"> • acute • sub-acute • remodelling • concentric/eccentric strengthening • functional

	<ul style="list-style-type: none"> • return to participation, moving from one phase of treatment to the next <p>Plan a client’s rehabilitation programme,</p> <ul style="list-style-type: none"> • types and phases of treatment • related exercises • planning for move from one phase of treatment to another • using SMART
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Indicative content

The following content is to be included in the assessment of the unit.

Learning outcomes	Indicative content
Learning outcome 1	<p>Injuries should be discussed with regards to aetiology, mechanisms of injury and signs and symptoms, referring to specific sporting examples. At least 3 common and 3 acute should be described</p> <p>Learners must cover all 3 phases when describing the physiological responses to sports injuries and relate to a specific sports injury</p>
Learning outcome 2	<p>The learner must describe at least 3 intrinsic and 3 extrinsic risk factors linked to a chosen sport. For each intrinsic and extrinsic factor described, the learner must explain preventative measures that can be taken in order to stop sports injuries occurring</p>
Learning outcome 3	<p>The learner must describe common treatments for 3 chosen sports injuries</p>
Learning outcome 4	<p>The learner must design a safe and appropriate treatment and rehabilitation plan for an identified sports injury of their choice. The treatment plan should commence from the point of injury taking place to the point where the athlete returns to competitive sport.</p> <p>The rehabilitation plan must consider the following 5 stages:</p> <ul style="list-style-type: none"> • acute stage • re-establishing functional activity • strengthening exercises • on-going treatments • gradual increase in activity.

Assessment methodology

The following assessment methods are suggested for the assessment of this unit.

- Report
- Treatment and rehabilitation plan
- Presentation
- Case Study
- Academic Poster