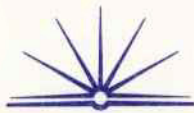


- a) There are many sport injuries that occur during training and competition there are two sport injuries that can occur while playing direct and indirect injuries. During sport a direct injury is an injury that is caused by an object for example in the sport Taekwondo when two people are sparring and one player kicks the other in the leg this person becomes injured direct because of the blow of the other player. The difference between an indirect injury in sport is when a football or basketball player falls over on their ankle and causes it to become sprained, this is indirect because there has been no force of an object but only forced by the human falling over on the ankle.
- b) Before athletes compete in sport physical preparation needs to be addressed.



So an athlete has an idea of what needs to be done to prevent sport injuries

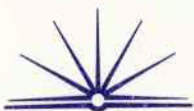
So therefore physical preparation plays a large role in preventing sport injury. An Athlete must be recovered not feeling fatigue if the athlete is fatigue injury is easier to occur Athlete must be up to the expectations of the sport and should be fit in that area

Nutritious food can prevent sport injuries because you don't become fatigue as easy if you eat good foods. If an injury in sport does occur food can help the growth of new muscle tissue.

The Athlete should do mental Rehearsal knowing what you ^{are} going to do and having tactics and strategies plays a role in preventing sports injuries.

c)

There a policies in ~~the~~ sports that when an athlete has been injured there are pro-



cedures that are taken out to prevent an injury to reoccur. When the injury has just occurred TOTAPS and or RICER will be used first to see how bad the injury is. After this is done by the coachsm he should always Referral the athlete to see a doctor or even a specialist. The Athlete will have to go under the Rehabilitation procedure to help the injury and to stop it reoccur. Small tasks may be done to gain strength in the injured sight. When the Athlete returns back to play the athlete should take it light and easy because they haven't been playing for some time and they don't want to do the same injury over again. The policies and procedures that regulate when an athlete returns to play after an injury is important so the injury can be healed and not occur again.