

a) direct injury occurs at the site where a force is sustained eg falling down putting arm out and breaking wrist, the site that hit the ground.

However indirect injury occurs away from the site at which the force is sustained. eg falling down, putting arm out and breaking collar bone in the fall. Site of pressure is the wrist but injury occurs elsewhere.

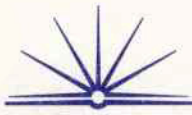
b) Physical Preparation is specific for a sport to reduce the chance of injury.

- Skill & technique

correct skill ~~are~~ is taught to decrease chance of injury eg tackling - correct head position.

- safe sport movement.

controlled to reduce chance of avoidable injury, controlled by referees.  
eg Scrum movement and position.



- flexibility.

reduce strains/tears and injury as flexibility increase

- strength.

adequate strength needed for ~~for~~ sport to reduce injury eg Boxing weights.

- endurance

essential for continued activity so performer can finish events.

- Sport specific requirements

specific rules or equipment needed for that sport to reduce injury eg <sup>mouth</sup> guard

- individual need's

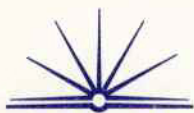
individual requirements. - health issues in consideration eg asthma to reduce <sub>injury</sub>

- warm up - cool-down.

to increase warmth in muscle, prepare for activity. to reduce tears/strains.

Cool down to assist in recovery and

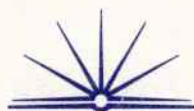
to reduce fatigue and injury



- c) To determine the readiness of athlete to return to play, The athlete must pass
- sport specific requirement test
  - psychological readiness
  - must have freedom from pain.

Athletes will need to have:

- **Monitored Progress:** through data sheets and medical evaluations, an athletes health must be optimal. So monitoring of mobilisation pain, strength & fitness are needed to assure player safety. Also Athlete mental health needs to be stable to return to play so monitor needs to be done, through conversation.
- **Taping:** taping of injuries can affect readiness to return. As taping can increase stability, decrease mobility and give psychological aid to an athlete.

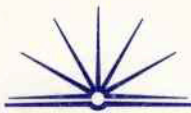


- Specific warm up procedures: Special consideration are needed when returning to play as more preparation for injured sites may be required to reduce chance of further injury and to fully prepare the injured site.

- Progressive involvement:  
an athlete needs to increase activity while returning to increase capacity of the injured site, while not applying to much pressure. This allows progressive healing and a chance to regain full activity while not decreasing to much fitness.

The readiness of an athlete to return to play is regulated by the coach and medical staff.

As series of medical evaluations



Continued Q25 c).

needs to be passed. The role of coach is also to advise the players of the risks of returning to play with or after injury. The coach also needs to monitor players progress and advise players.