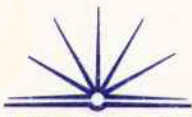


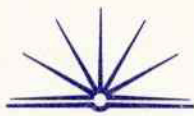
Question 25

a) Direct injuries occur at the point of impact from an external force. ~~Getting tackled in football and breaking an arm~~ Indirect injuries occur at a point away from the ~~direct hit~~ ^{injured area} (e.g. fracturing collarbone as a result of falling on hands). and are often the result of internal causes (e.g. A contusion from being hit is a direct injury whereas an indirect injury is from within the body - no outside force is applied).

b) Physical preparation is very important to reduce the risk of injury when playing in sport. Skill and technique must be correct when participating in sport. The correct technique must be taught so the athlete does not cause injury to themselves (e.g. correct tackling technique, otherwise high risk of injury). Also, the skill level of the athlete must be high (e.g. ~~more~~ ^{ensure} that skill is appropriate for the level individual is playing at). Safe Sporting Movement is essential ~~as it~~ ^{cause if}



The athlete does not move correctly, then at a greater risk of injury. (e.g. In a Gymnastics routine the performer must have correct movement otherwise injury will occur due) ~~to the~~ Strength, flexibility, and endurance must be of a high level for the sport participants in. Need to be strong enough and fit enough to last the event (e.g. in football must be fit and strong, otherwise increase the risk of injury). Specific Requirements must be given to the athlete. If participating in swimming events, the athlete would practice by swimming, not running. Sport specific requirements must be aimed at the sport the athlete is participating in. Individual participants needs must also be taken into account. If the athlete is small, then it is no use putting him as centre in basketball. Must match the ^{athlete} ~~person~~ to a position that suits them physically and mentally. A warm-up and cool down is also necessary to reduce the risk of injury and maximize performance. In summary, the athlete should have a strong creative base, with strength in the areas required (depending on the sport), and be matched appropriately according to size, age, and strength, and insure that all necessary measures (warm up) correct skill technique, etc) are put into practice.



c) An athlete must be of the same standard pre-injury when coming back from injury. In order to ensure this is done correctly, specific steps must be taken. Indicators of readiness to return to play include efficient mobility, strength, elasticity, confidence, co-ordination, and the athlete must ~~be~~ feel pain free. If any pain exists, the athlete should not participate due to further implications that might arise. Monitoring should take place to test whether the athlete has fully recovered. A test taken before the injury can be compared to a test post-injury and compare whether the athlete has fully recovered (e.g. in areas of agility, strength, speed, power.) Taping should be applied to the injured area to support the injury, and also prevent further complications. Also reduces the range of movement of the injured area. Specific warm up procedures and warm down - procedures must take place. Stretching and working on the injured area is necessary to prevent the injury from reoccurring. Progressive mobilisation ensures that the athlete does not do too much too soon and increase the risk of injury. Starting off in a lower grade and competition will ease the athlete into playing competitive sport again, and allow them to gain their confidence, and



and ability, therefore, resulting in improved performance.

The ethical ~~principle~~ ^{side} states that participation ~~in~~ ⁱⁿ sport should not occur if there is a pre-existing injury that could cause further implications. However, it is up to the athlete to decide and no-one can stop them from participating if they want to (except in extreme circumstances such as boxing - being knocked out more than 3 times, etc); It is up to the individual to decide. Coaches and sports practitioners should encourage the athlete not to play if injured (no matter how important match is and who the athlete is).

Use of painkillers is detrimental to the athlete in later years and should not be an option. Despite being a star player, the coach must realise that health is more important, as should the sports practitioner (it is ~~the~~ the sports practitioners role to make the correct decision with athletes health in mind).

Therefore, athletes should not participate if there is a risk of further complications. Coaches, and sports practitioners have to support this fact, ~~and decide appropriately with~~