

## Assignment 1: Reducing the risks of sport injuries

Reducing the risk of injury (This task should take between 6 and 8 hours.)

Learning Outcome 1: Know common sports injuries and their effects,

Learning Outcome 2: Be able to minimise the risk of sports injuries, are assessed in this task.

Scenario: To complete your probationary period with SICTherapy.Ltd they have asked you to produce a presentation that informs their clients of how they can reduce the risk of common sporting injuries within their activities. You will need to link injuries to physiological and psychological responses and explain what preventative measures are needed to reduce the risk of injury, including how player safety is optimised and how this is legislated for in a specific sport.

### Task 1

P1: Describe the signs and symptoms of common chronic and acute sports injuries

P2: Describe possible psychological effects of suffering a sports injury M2: Explain how appropriate warm-ups and cool-downs can reduce the risk of sports injuries

P3: Explain intrinsic and extrinsic factors which influence the risk of sports injuries