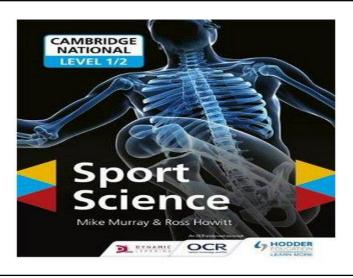
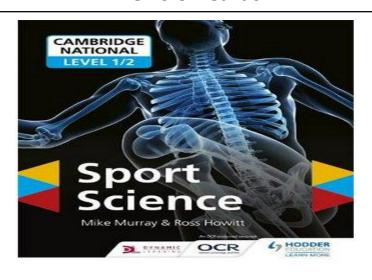
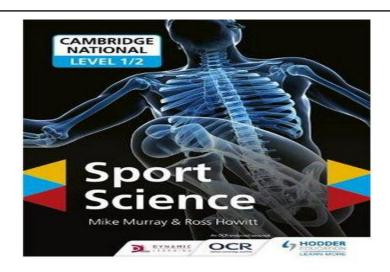
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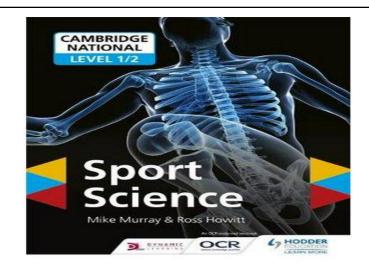
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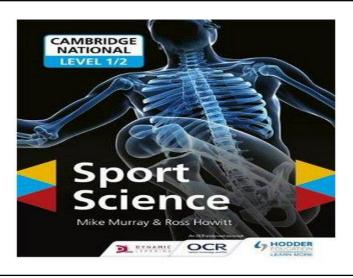
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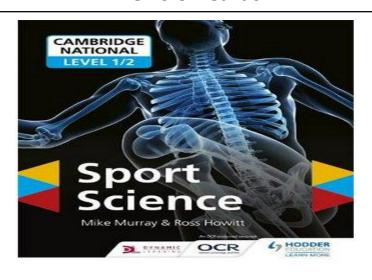
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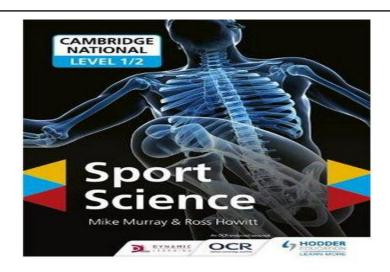
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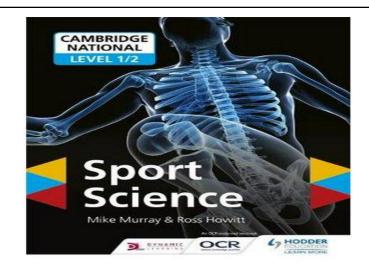
Cambridge Nationals Sports Science Revision Cards



Cambridge Nationals Sports Science Revision Cards



Cambridge Nationals Sports Science Revision Cards



Five Extrinsic Factors that cause Injury Topic 1 card 1 These are **five Extrinsic factors** outside of the performer that can cause an injury are, Type of Sport, Coaching/supervision, Environmental Factors, Equipment, Safety Hazards 1. Type of sport These Five Extrinsic Factors are: Some activities are 2. Coaching/ supervision more dangerous than e.g. contact -poor/incorrect coaching 3. Environmental factors -bad weather sports present techniques -effective communications skills -playing surfaces, different injury -importance of adhering to the [performance area, risks from surrounding area, rules and regulations. gymnastic -other participants activities) 4. Equipment Protective equipment (e.g. shin pads in football, gum shield in boxing, helmet in cycling, goggles in skiing) Performance equipment (e.g. hockey stick, cricket ball, rock climbing harness) clothing/ 5. Safety Hazards OThese hazards can be reduced by insure a risk assessment has been carried out, safety checks have happened and there is a emergency action plan in plan if there is a problem Topic 1 card 1 **Five Extrinsic Factors that cause Injury** These are **five Extrinsic factors** outside of the performer that can cause an injury are, Type of Sport, Coaching/supervision, Environmental Factors, Equipment, **Safety Hazards** 1. Type of sport These Five Extrinsic Factors are: Some activities are 3. Environmental factors more dangerous -bad weather 2. Coaching/ supervision than e.g. contact -playing surfaces -poor/incorrect coaching -other participants sports present techniques -effective communications skills different injury -importance of adhering to the risks from gymnastic rules and regulations. activities) 4. Equipment Protective equipment (e.g. shin pads in football, gum shield in boxing, helmet in

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Five Extrinsic Factors that cause Injury

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Topic 1 card 1

injury are, Type of Sport, Coaching/supervision, Environmental Factors, Equipment, Safety Hazards 1. Type of sport These Five Extrinsic Factors are:

Some activities are more dangerous than e.g. contact sports present different injury risks from gymnastic

activities)

gymnastic

activities)

there is a problem

2. Coaching/ supervision 3. Environmental factors -poor/ incorrect coaching

techniques -effective communications skills -importance of adhering to the rules and regulations.

-bad weather playing surfaces, [performance area, surrounding area,

-other participants

4. Equipment

Protective equipment (e.g. shin pads in football, gum shield in boxing, helmet in cycling, goggles in skiing) Performance equipment (e.g. hockey stick, cricket ball, rock climbing harness)

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clothing/

Five Extrinsic Factors that cause Injury

Topic 1 card 1

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-playing surfaces,

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clothing/ 5. Safety Hazards OThese hazards can be reduced by insure a risk assessment has been carried out, safety checks have happened and there is a emergency action plan in plan if

Extrinsic causes of injury Questions

- 1. What is an Extrinsic cause of injury?
- ع دنده ۴۵۳
- 2. Give <u>three</u> examples of an Extrinsic cause of injury.
- 3. What is an Environmental Extrinsic cause of injury? Give three examples of an Extrinsic environmental cause of injury.
- 5. Give <u>ONE</u> example of a precaution that can be taken in order to minimize the risk of an extrinsic cause of injury.

Extrinsic causes of injury Questions

- 1. What is an Extrinsic cause of injury?
- 2. Give <u>three</u> examples of an Extrinsic cause of injury.
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Extrinsic causes of injury Questions

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Give three examples of an Extrinsic environmental

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Extrinsic causes of injury Questions

1. What is an Extrinsic cause of injury?

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There are three Intrinsic Factors which can influence risk of injury

The Three Intrinsic Factors are Individual variables, Physical Preparation and Psychological Factorsrpe

1. Individual Variables examples:

Gender

Sleep



Nutrition/recurring injuries

- **Psychological factors Examples**
- Motivation, aggression, arousal/anxiety levels

2. Physical Preparation examples:

Overuse - rest Lack of proper

conditioning/fitness levels improve fitness

Failure to warm up and cool down - warm up/cool down Muscle imbalance -

strengthen weaker muscles

Poor technique - practise correct technique

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There are three Intrinsic Factors which can influence risk of injury

The Three Intrinsic Factors are Individual variables. **Physical Preparation and Psychological Factors**

1. Individual Variables examples:

Gender

Flexibility

Age



Sleep Nutrition/recurring injuries

- 3. Psychological factors **Examples:**
- Motivation, aggression, arousal/anxiety levels

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Physical Preparation and Psychological Factors

1. Individual Variables

examples:



Sleep

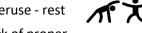


Nutrition/recurring injuries

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2. Give two examples of an intrinsic injury caused by 2. Give two examples of an intrinsic injury caused by 1. What is an intrinsic cause of injury? 1. What is an intrinsic cause of injury? Intrinsic causes of injury questions Intrinsic causes of injury questions

intrinsic injury? intrinsic injury? 4. Give three Psychological factors that can cause an 4. Give three Psychological factors that can cause an is due to poor physical preparation? is due to poor physical preparation? 3. Give three examples of an intrinsic cause of injury which 3. Give three examples of an intrinsic cause of injury which **Seldeiney leubivibni**

order to minimize the risk of an intrinsic cause of injury?

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Intrinsic causes of injury questions

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intrinsic injury?

individual variables?

individual variables?

Intrinsic causes of injury questions order to minimize the risk of an intrinsic cause of injury? 5. Give two example of a precaution that can be taken in

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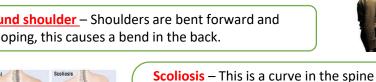
order to minimize the risk of an intrinsic cause of injury? 5. Give two example of a precaution that can be taken in intrinsic injury?

Topic 1 card 3 Sports injuries related to poor posture



Kyphosis – This is a excessive curve at the top of the spine by more then 60 degrees.

Round shoulder - Shoulders are bent forward and drooping, this causes a bend in the back.



at the side, this puts pressure and stress on the back and other parts of the body meaning people with this are more prone to injury

Topic 1 card 3 Sports injuries related to poor posture

Sports injuries related to poor posture



Kyphosis – This is a excessive curve at the top of the spine by more then 60 degrees.

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Topic 1 card 3



Scoliosis – This is a curve in the spine at the side, this puts pressure and stress on the back and other parts of the body meaning people with this are more prone to injury

Topic 1 card 3 Sports injuries related to poor posture



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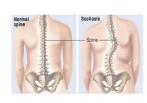


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the spine?	the spine?
poor posture when there is a curve to the side of	poor posture when there is a curve to the side of
 What is the name of the sports injury related to 	3. What is the name of the sports injury related to
11 11 11 11 11 11 11 11 11 11 11	
and drooping, causing a bend in the back?	and drooping, causing a bend in the back?
poor posture when the shoulders are bent forwards	poor posture when the shoulders are bent forwards
 What is the name of the sports injury related to 	2. What is the name of the sports injury related to
the top of the spine by more than 60 degrees?	the top of the spine by more than 60 degrees?
poor posture when there is an excessive curve at	poor posture when there is an excessive curve at
 What is the name of the sports injury related to 	1. What is the name of the sports injury related to
Sports injuries related to poor posture questions	succession among took or harper satisfies toda
agoitzeun ezutzog zoog ot betelez zeizuigi atzog2	Sports injuries related to poor posture questions
the spine?	the spine?
poor posture when there is a curve to the side of	poor posture when there is a curve to the side of
 What is the name of the sports injury related to 	3. What is the name of the sports injury related to
11 11 11 11 11 11 11 11 11 11 11 11 11	
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 T. What is the name of the sports injury related to 	1. What is the name of the sports injury related to
Sports injuries related to poor posture questions	Sports injuries related to poor posture questions

Sports injuries related to poor posture and causes of poor postures

Pelvic tilt – if the pelvis is tilted forward or backwards the weight is distributed unevenly, placing more pressure on the back, making injury more likely.







Topic 1 card 4





Poor stance

Sitting positions

place stress and pressure on other parts of the body causing injury.

- Causes of Poor Posture
 - Lack of exercise
 - **Fatigue**
 - Physical defects

- **Lordosis** This is a curve in the spine this can
 - factors Footwear / Clothes

Topic 1 card 4

Emotional

Sports injuries related to poor posture and causes of poor postures

Pelvic tilt – if the pelvis is tilted forward or backwards the weight is distributed unevenly, placing more pressure on the back, making injury more likely.





Topic 1 card 4





Lordosis - This is a curve in the spine this can place stress and pressure on other parts of the body causing injury.

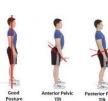
- Poor stance
- Sitting positions
- Causes of Poor Posture
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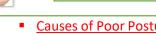
Sports injuries related to poor posture

and causes of poor postures





Emotional



- **Causes of Poor Posture**
 - Lack of exercise

Lordosis - This is a curve in the spine this can

place stress and pressure on other parts of the

factors Footwear / Clothas

Emotional

- Poor stance
- **Causes of Poor Posture**
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Lordosis - This is a curve in the spine this can

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- Poor stance Sitting positions
- **Fatigue** Physical defects

body causing injury.

Sitting positions

Sports injuries related to poor posture questions 1. What is the name of the sports injury 2. What is the name of the sports injury

1. What is the name of the sports injury related to poor posture when the pelvis is tilted forwards or backwards?

2. What is the name of the sports injury related to poor posture when there is a curve in the spine which places stress on other parts of the body

.3. List THREE causes of poor posture.

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2. What is the name of the sports injury related to poor posture when there is a

related to poor posture when the pelvis is

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Sports injuries related to poor posture questions

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.5. List THREE causes of poor posture.

A Warm up

The Physical benefits of a warm

- up: Warms up muscles/prepares
- body for physical exercise Increases body
- temperature/heart rate Increase in flexibility of muscles

and tendons.

- and joints Increase in pliability of ligaments
 - Increase in blood flow and oxygen to the muscles
- Increase in the speed of muscle contractions

A Warm up

up:

A warm up should consist of five

key components in this order.

2. Mobility – Arm swings / hip

3. Dynamic movements – Change

4. Stretching – Static / dynamic

The Psychological benefit of a warm

Heightens/controls arousal levels

5. Skill rehearsal — Passing

Improves concentration

Increase motivation

A warm up should consist of five

1. Pulse raiser - light aerobic work

key components in this order.

2. Mobility – Arm swings / hip

3. Dynamic movements - Change

4. Stretching – Static / dynamic

Improves concentration

Increases Focus

Increase motivation

Mental rehearsal

The Psychological benefit of a warm

Heightens/controls arousal levels

5. Skill rehearsal — Passing

Mental rehearsal

/ jogging / skipping

of speed / direction

shooting, dribbling

circles

<u>up :</u>

1. Pulse raiser - light aerobic

work / jogging / skipping

of speed / direction

shooting, dribbling

Increases Focus

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- The Physical benefits of a warm
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A Warm up

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- Increase in blood flow and oxygen to the muscles
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Heightens/controls arousal levels contractions Increase motivation Mental rehearsal

A warm up should consist of five

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2. Mobility - Arm swings / hip

work / jogging / skipping

3. Dynamic movements -

Change of speed / direction

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shooting, dribbling

Increases Focus

circles

shooting

up:

circles

up:

Give four physical benefits of a warm up?	·t	Give four physical benefits of a warm up?	٦.
Give three physical benefits of a warm up?	.ε	Give three physical benefits of a warm up?	3.
warm up?		warm up?	
Give a physical example of each stage of a	٦.	Give a physical example of each stage of a	.2
What are the five stages of a warm up?	٠τ	What are the five stages of a warm up?	٦٠
snoitsauQ qu masW A		A Warm up Questions	
Give four physical benefits of a warm up?	.4.	Give four physical benefits of a warm up?	'ቱ
Give three physical benefits of a warm up?	.£	Give three physical benefits of a warm up?	3.
warm up?		warm up?	
Give a physical example of each stage of a	ا ۲.	Give a physical example of each stage of a	٦.
What are the five stages of a warm up?	.,	What are the five stages of a warm up?	٦.
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Cool down

Topic 2 card 2

Gradually lower the intensity of

the workout. The cool down can include slow jogging and / or fast walking, which can involve the

muscles for at least 2-5 minutes. The Physical benefits of a cool

down: Helps the body's transition back to

- its resting state Gradually lowers heart rate Gradually lowers temperature
- Circulates blood and oxygen Removes waste products such as
- lactic acid build up
- Reduces the risk of muscle soreness/stiffness
- Aids recovery by stretching muscles

Topic 2 card 2

Cool down

Gradually lower the intensity of the workout. The cool down can

muscles and joints becoming stiff include slow jogging and / or fast and sore. It helps you to recover walking, which can involve the more quickly so that you are ready muscles for at least 2-5 minutes. to take part in activity again

sooner. A cool down should consist of

two main stages/key components:

• 1. Pulse lowering - Light running to lower the heart rate and body temperature.

Why do we cool down?

A **cool down** after activity prevents

muscles and joints becoming stiff

and sore. It helps you to recover

A cool down should consist of

• 1. Pulse lowering - Light

Hamstring stretches

Why do we cool down?

running to lower the heart

rate and body temperature.

2. Stretching: Maintenance

A cool down after activity prevents

stretches - static stretches -

to take part in activity again

two main stages/key

components:

sooner.

more quickly so that you are ready

• 2. Stretching: Maintenance stretches - static stretches -

Hamstring stretches

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Helps the body's transition back to its resting state

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Cool down

Topic 2 card 2 Gradually lower the intensity of A cool down after activity prevents the workout. The cool down can

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walking, which can involve the muscles for at least 2-5 minutes.

The Physical benefits of a cool

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Topic 2 card 2

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Hamstring stretches

stretches - static stretches -

to take part in activity again

two main stages/key

components:

sooner.

A cool down after activity prevents muscles and joints becoming stiff

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A cool down should consist of two main stages/key components:

1. Pulse lowering - Light running to lower the heart rate and body temperature.

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muscles for at least 2-5 minutes. The Physical benefits of a cool

down:

Helps the body's transition back to its resting state

Gradually lowers heart rate

Gradually lowers temperature Circulates blood and oxygen

Removes waste products such as

lactic acid build up

Reduces the risk of muscle

soreness/stiffness Aids recovery by stretching muscles

IXAXA 3. List THREE physical benefits of a cool down. 3. List THREE physical benefits of a cool down. of the cool down? of the cool down? 3. Give a physical activity at each stage/component 3. Give a physical activity at each stage/component cool down. cool down. 2. List the TWO main stages/key components of a 2. List the TWO main stages/key components of a

IXAX

3. List THREE physical benefits of a cool down.

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1. Why do we cool down?

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Cool Down Questions

cool down.

Cool Down Questions **Cool Down Questions** IXXX

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3. List THREE physical benefits of a cool down.

1. Why do we cool down?

Cool Down Questions

IXXXX

There are three specific needs that coach needs to consider when planning a Warm Up or a Cool Down The Three Specific Needs are:

1. The characteristics of the individual/group.

- 2. The Suitability as preparation for a particular activity/sport.
- 3. The Environmental factors 1. Examples of The

are:

are:

size of group

- experience of

participants

- age of participants

- individual fitness levels

- any medical conditions

participants may have

- age of participants

participants may have

2. The Suitability as preparation for a **Characteristics of** particular activity/sport: the Does the warm up/cool down prepare/help

Individual/Group the athlete for their sport. A warm up/cool down would be different for a footballer/rugby player compared to a 100m size of group sprinter

3. Examples of Environmental - experience of participants **Factors** - individual fitness levels weather/temperature if outdoors, - any medical conditions available facilities

There are three specific needs that coach needs to consider when planning a Warm Up or a Cool Down

The three Specific Needs are: 1. The characteristics of the individual/group.

- 2. The Suitability as preparation for a particular activity/sport. 3. The Environmental factors
- 1. Examples of The Characteristics of the Does the warm up/cool down prepare/help

Individual/Group are: size of group

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the athlete for their sport. A warm up/cool down would be different for a footballer/rugby player compared to a 100m sprinter

3. Examples of Environmental **Factors** weather/temperature if outdoors,

There are three specific needs that coach needs to consider when planning a Warm Up or a Cool Down

available facilities

The Three Specific Needs are: 1. The characteristics of the individual/group.

There are three specific needs that coach needs to consider when

planning a Warm Up or a Cool Down

- 2. The Suitability as preparation for a particular activity/sport.
- 3. The Environmental factors
- **Examples of The** 2. The Suitability as preparation for **Characteristics of** a particular activity/sport: the Does the warm up/cool down prepare/help Individual/Group the athlete for their sport. A warm up/cool
 - 100m sprinter 3. Examples of Environmental **Factors** weather/temperature if outdoors,

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down would be different for a

available facilities

1. The characteristics of the individual/group. 2. The Suitability as preparation for a particular activity/sport.

3. The Environmental factors

The Three Specific Needs are:

sprinter

- 1. Examples of The 2. The Suitability as preparation for a Characteristics of particular activity/sport: the Does the warm up/cool down prepare/help Individual/Group the athlete for their sport. A warm up/cool down would be different for a
- are: size of group
- age of participants
- experience of
- participants - individual fitness levels - any medical conditions

participants may have

3. Examples of Environmental **Factors** weather/temperature if outdoors,

available facilities

footballer/rugby player compared to a 100m

Jumop Lumop preparing/planning their warm up and cool preparing/planning their warm up and cool needs to consider when they are needs to consider when they are Can you give three specific needs a coach Can you give three specific needs a coach Questions Questions specific Needs of A Warm Up/Cool Down specific Needs of A Warm Up/Cool Down

IXXXX warm up and cool down? coach needs to consider when planning their

2. Can you give two environmental factors a

coach needs to consider when planning their

2. Can you give two environmental factors a

preparing/planning their warm up and cool

Can you give three specific needs a coach

Questions

specific Needs of A Warm Up/Cool Down

needs to consider when they are

warm up and cool down?

¿umop

IXXXX

Questions Specific Needs of A Warm Up/Cool Down

coach needs to consider when planning their

2. Can you give two environmental factors a

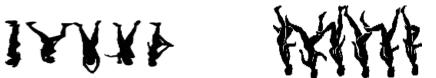
warm up and cool down?

I KAXX P

Lumop preparing/planning their warm up and cool needs to consider when they are Can you give three specific needs a coach

2. Can you give two environmental factors a

warm up and cool down? coach needs to consider when planning their



Acute and Chronic injuries



Topic 3 card1

Acute injuries occur when there is sudden trauma to the body. They result in immediate pain, swelling and loss of function Acute injuries can be caused by:

- Colliding with obstacles /
- Being struck by an object
- Falling from a height or at
- speed

opponents

· Being hurt in a tackle **Examples of acute injuries:**

A fractured bone

- Dislocated joints
- Sprains, strains
- contusions, abrasions

Chronic / overuse injuries are caused by continuous stress on a body, develop over long period of time

Chronic/overuse injuries can be caused by:

- Repeated stress on area of injury Training too hard
- Not allowing time for recovery
- Poor technique / footwear
- Examples of chronic/ overuse injuries:

Tennis elbow Golfers elbow.

Shin splints.



Osgood Schlatter's disease

Severs Disease

Achilles Tendonitis, runners knee

Acute and Chronic injuries

They result in immediate pain,

Acute injuries can be caused by:

Colliding with obstacles /

Being struck by an object

Falling from a height or at

Being hurt in a tackle

A fractured bone

Dislocated joints

Sprains, sprains

Examples of acute injuries:

Contusions, abrasions

swelling and loss of function

opponents

speed



Topic 3 card1

Chronic / overuse injuries are caused Acute injuries occur when there by continuous stress on a body, is sudden trauma to the body.

Chronic/overuse injuries can be

develop over long period of time

caused by:

- Repeated stress on area of injury Training too hard
- Not allowing time for recovery
- Poor technique / footwear

Examples of chronic/ overuse injuries:

Tennis elbow Golfers elbow

Shin splints. Osgood Schlatter's disease

Severs Disease

caused by:

Achilles tendonitis, runners knee

by continuous stress on a body,

Chronic/overuse injuries can be

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Repeated stress on area of injury

Not allowing time for recovery

Acute and Chronic injuries



Topic 3 card1

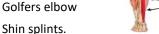
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Tennis elbow





Osgood Schlatter's disease

Severs Disease

Acute injuries occur when there

Acute and Chronic injuries



Topic 3 card1

They result in immediate pain, swelling and loss of function

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- Acute injuries can be caused by: Colliding with obstacles /
- opponents

speed

- Being struck by an object
- Falling from a height or at
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Examples of acute injuries:

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Sprains, sprains

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Tennis elbow Golfers elbow Shin splints.

Poor technique / footwear Examples of chronic/ overuse injuries:

Osgood Schlatter's disease

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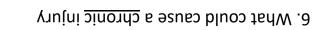
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- · Being hurt in a tackle **Examples of acute injuries:**
- A fractured bone Dislocated joints
- Sprains, strains,
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Acute and Chronic injuries questions

- 1. What is an <u>acute</u> injury?
- 2. Give TWO examples of acute injury
- 3. What could cause an acute injury?
- 4. What is a <u>chronic</u> injury
- 5. Give TWO examples of a chronic injury



Acute and Chronic injuries questions

- 1. What is an <u>acute</u> injury?
- 2. Give TWO examples of acute injury
- 3. What could cause an <u>acute</u> injury?
- 4. What is a <u>chronic</u> injury

6. What could cause a chronic injury

- 5. Give TWO examples of a chronic injury
- ____

Acute and Chronic injuries questions

- 1. What is an acute injury?
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- 3. What could cause an acute injury?
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Acute and Chronic injuries questions

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Osgood's and Severs: inflamed tendons that cause pains in the lower leg. These develop because Overuse injuries can occur due to of continuous stress over a long period repeated powerful muscle of time. movements. Treatment for shin splints: Ice and Golf and tennis put a lot of strain on plenty of rest. Cushioned footwear and the elbow. In golf and tennis elbow, special insoles can help to prevent the the tendons that attach muscles to injury returning. the elbow joint become inflamed, Osgood-Schlatter disease/Severs sore and painful. **Treatments for Chronic Injuries** Disease are two of the common causes These injuries should be treated by of injury in active adolescent, children applying, R.I.C.E, an icepack and who play sports. resting for several weeks. Heat Osgood -Schlatter The main symptom is pain just below your kneecap packs, hot and cold freeze sprays. (patella). Physiotherapy treatment may be Severs Disease - the condition massages, bandaging and possibly presents itself as pain inn the heel cortisone (steroid) injections to relieve the pain Types, causes of common sports injuries, Chronic/Overuse injuries

Types, causes of common sports injuries Chronic/Overuse injuries

Shin splints: are small fractures or

inflamed tendons that cause pains in

presents itself as pain inn the heel

Tennis and Golf elbow, runners

knee, Achilles tendonitis,

and Severs:

relieve the pain

Overuse injuries can occur due to repeated powerful muscle movements. Golf and tennis put a lot of strain on the elbow. In golf and tennis elbow, the tendons that attach muscles to the elbow joint become inflamed. sore and painful. **Treatments for Chronic Injuries** These injuries should be treated by applying, R.I.C.E, an icepack and resting for several weeks. Heat packs, hot and cold freeze sprays. Physiotherapy treatment may be massages, bandaging and possibly cortisone (steroid) injections to

Tennis and Golf elbow, runners knee

Achilles tendonitis, Osgood's and

Overuse injuries can occur due to

Tennis and Golf elbow, runners

and Severs:

relieve the pain

Severs:

knee, Achilles Tendonitis, Osgood's

Types, causes of common sports injuries Chronic/Overuse injuries

of time.

Osgood-Schlatter disease/Severs **Disease** are two of the common causes of injury in active adolescent, children who play sports. Osgood –Schlatter The main symptom is pain just below your kneecap (patella). Severs Disease - the condition presents itself as pain inn the heel Types, causes of common sports injuries, Chronic/Overuse injuries **Shin splints:** are small fractures or inflamed tendons that cause pains in the lower leg. These develop because of continuous stress over a long period of time. Treatment for shin splints: Ice and

Shin splints: are small fractures or

inflamed tendons that cause pains in

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Treatment for shin splints: Ice and

plenty of rest. Cushioned footwear and

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Tennis and Golf elbow, runners knee, Achilles Tendonitis, Osgood's Shin splints: are small fractures or

Overuse injuries can occur due to the lower leg. These develop because repeated powerful muscle of continuous stress over a long period movements. of time. Golf and tennis put a lot of strain on **Treatment for shin splints: Ice and** the elbow. In golf and tennis elbow, plenty of rest. Cushioned footwear and the tendons that attach muscles to special insoles can help to prevent the the elbow joint become inflamed, injury returning.

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6. What two sports injuries effect children? 5. List <u>ONE</u> method of treatment for <u>Shin Splints</u>. 4. What are Shin Splints and how do they develop? 3. List ONE method of treatment for Golf and Tennis elbow. 2. How does Golf and Tennis elbow develop? 1. What is an Chronic/Overuse injury?

children

children

7. Can you describe both of those types of injuries that affect

children

children

7. Can you describe both of those types of injuries that affect

6. What two sports injuries effect children?

5. List <u>ONE</u> method of treatment for <u>Shin Splints</u>.

4. What are <u>Shin Splints</u> and how do they develop?

2. How does Golf and Tennis elbow develop?

6. What two sports injuries effect children?

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2. How does Golf and Tennis elbow develop?

1. What is an Chronic/Overuse injury?

4. What are <u>Shin Splints</u> and how do they develop?

3. List ONE method of treatment for Golf and Tennis elbow.

Chronic/Overuse injuries Questions

Types, causes of common sports injuries

1. What is an Chronic/Overuse injury?

3. List <u>ONE</u> method of treatment for <u>Golf</u> and <u>Tennis elbow</u>.

Chronic/Overuse injuries Questions

Types, causes of common sports injuries

Chronic/Overuse injuries Questions Types, causes of common sports injuries

7. Can you describe both of those types of injuries that affect

Chronic/Overuse injuries Questions

Types, causes of common sports injuries

2. How does Golf and Tennis elbow develop? 1. What is an Chronic/Overuse injury?

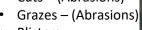
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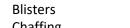
3. List <u>ONE</u> method of treatment for <u>Golf</u> and <u>Tennis elbow</u>.

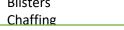
7. Can you describe both of those types of injuries that affect 6. What two sports injuries effect children?

Types, Causes of common sports Injuries, Hard and Soft tissue injuries Hard tissue injuries are bone

Examples of open soft tissue injuries: Cuts - (Abrasions)









Examples of closed soft tissue injuries:

- **Contusions Bruises Sprains**
- **Pulled muscles**
- Torn ligaments



Topic 3 card 3

An open injury is when the skin is pierced and blood escapes.

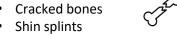
A closed injury occurs beneath the skin with no bleeding.

Soft tissue injuries can be open or closed.

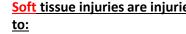
Topic 3 card 3

Types, Causes of common sports

Injuries, Hard and Soft tissue injuries Hard tissue injuries are bone







Skin

Broken bones

Injuries:

Injuries:

to:

Skin

Muscles

Tendons

Cartilage

Ligaments

Broken bones

Cracked bones

Soft tissue injuries are injuries

Shin splints

- Muscles Tendons Ligaments
- Cartilage

Examples of open soft tissue injuries:

- Cuts (Abrasions)
- Grazes (Abrasions)
- **Blisters** Chaffing
- Examples of closed soft tissue
- injuries: **Contusions - Bruises**
- Sprains **Pulled muscles**
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Soft tissue injuries can be **open** or **closed**. An open injury is when the skin is pierced and blood escapes.

A **closed** injury occurs beneath the skin with no bleeding.

Types, Causes of common sports Injuries, Hard and Soft tissue injuries

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Types, Causes of common sports

Injuries, Hard and Soft tissue injuries

An open injury is when the skin is pierced and blood escapes.

Hard tissue injuries are bone

Soft tissue injuries are injuries

Hard tissue injuries are bone

Soft tissue injuries are injuries

Broken bones

Cracked bones

Shin splints

Injuries:

to:

Skin

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to:

Skin

Muscles

Tendons

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Ligaments

Muscles

Tendons

Ligaments

Cartilage

Broken bones

Shin splints

Cracked bones

Examples of open soft tissue injuries:

Cuts - (Abrasions)

Grazes – (Abrasions) **Blisters**

Topic 3 card 3

Topic 3 card 3

Examples of open soft tissue

Cuts - (Abrasions)

Examples of closed soft tissue

Grazes – (Abrasions)

iniuries:

Blisters

Contusions - Bruises

Pulled muscles

Torn ligaments

Chaffing

injuries:

Sprains

Chaffing

Examples of closed soft tissue injuries:

Contusions - Bruises

Sprains

Pulled muscles

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Soft tissue injuries Questions Soft tissue injuries Questions Types, Causes of common sports Injuries, Hard and Types, Causes of common sports Injuries, Hard and 6. What is a closed injury? 6. What is a closed injury? 5. What is an open injury? 5. What is an open injury? 4. Give ONE example of a soft tissue injury 4. Give <u>ONE</u> example of a soft tissue injury 3. What is a soft tissue injury? 3. What is a soft tissue injury? 2. Give ONE example of a hard tissue injury 2. Give ONE example of a hard tissue injury 1. What is a hard tissue injury? 1. What is a hard tissue injury? Soft tissue injuries Questions Soft tissue injuries Questions Types, Causes of common sports Injuries, Hard and Types, Causes of common sports Injuries, Hard and

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3. What is a <u>soft</u> tissue injury?
4. Give <u>ONE</u> example of a soft tissue injury
5. What is an <u>open</u> injury?

6. What is a closed injury?

Types, causes of common sports Injuries -

Open and Closed injuries

Topic 3 card 4

Open injuries are those that pierce the skin. Examples of open injuries are:

- Abrasions Cuts and Grazes
- Blisters Poor Footwear Chafing
- Grazes or cuts (abrasions) is where skin is scraped off the body, need to be cleaned carefully. Grazes that result from falls can often contain dirt and grit.

Closed injuries are those that do not pierce the skin. Examples of closed injuries are:

- Contusions Bruises
- Strained (pulled) muscles Sprains (ligaments)
- Torn ligaments



Sprains occur when ligaments at joints get stretched and torn. A sharp twist of the foot can give you a sprained or twisted ankle. Severe sprains resul in torn ligaments.

Types, causes of common sports Injuries -

Open and Closed injuries

Topic 3 card 4

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Types, causes of common sports Injuries -

Open and Closed injuries

Topic 3 card 4

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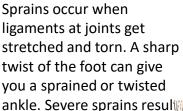
Types, causes of sports Injuries - Open and Topic 3 card 4 **Closed iniuries**

Closed injuries are those that do not pierce the skin. Examples of closed injuries are: **Contusions - Bruises**

- Strained (pulled) muscles
- Sprains (ligaments)

in torn ligaments.

Torn ligaments



4. Give TWO examples of a closed injury. 3. What is a closed injury? 2. Give TWO examples of an open injury. 1. What is an open injury? and Closed injury Questions Types, causes of common sports injuries - Open

┿

and Closed injury Questions Types, causes of common sports injuries - Open

1. What is an open injury?

4. Give TWO examples of a closed injury.

2. Give TWO examples of an open injury.

and Closed injury Questions

Types, causes of common sports injuries - Open

2. Give TWO examples of an open injury.

4. Give TWO examples of a closed injury.

3. What is a closed injury?

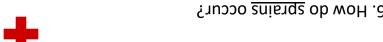
6. How do sprains occur?

5. What is an <u>abrasion</u>?

3. What is a closed injury?

1. What is an open injury?

5. What is an abrasion?



6. How do sprains occur?

2. Give TWO examples of an open injury. 1. What is an open injury? and Closed injury Questions

Types, causes of common sports injuries - Open

3. What is a closed injury?

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6. How do sprains occur?

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6. How do sprains occur?

Types, causes of common sports injuries Dislocation, Concussion, **Blisters, Cramp** A dislocation occurs when a bones

is twisted or pulled out of joint. **Example of a dislocation:**



When the shoulder is dislocated, the humerus is pulled out of the socket on the scapula. The injured person is usually unable

to move their arm and the shoulder loses its rounded shape. **Dislocations** are very painful and

require hospital treatment to move the bone back into position. The ligaments and tissue around the joint can take a long time to recover.

.Concussion Head injury – A blow to the head

can cause unconsciousness, whether it damages the skull or not.

Treatment - Call emergency Services, Ice for bump on the head, rest and recovery

Blisters and Cramp Blisters - on the foot due to poorly fitted footwear **Cramp** – painful sensations caused by muscle contractions over shortening

Types, causes of common sports injuries Dislocation, Concussion, Blisters, Cramp

A dislocation occurs when a bones is twisted or pulled out of joint.

Example of a dislocation:



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Concussion

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Types, causes of common sports injuries Dislocation, Concussion,

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Blisters and Cramp

Blisters - on the foot due to poorly fitted footwear **Cramp** – painful sensations caused by muscle contractions over shortening

5. What is the cause of blisters? 4. What is concussion? 3. What treatment is required for a dislocation? dislocated a joint? 2. How may you be able to tell that an individual has 1. What is a dislocation from the stip. What is a dislocation from the stip. Dislocation, Concussion, blisters and Cramp Types, causes of common sports injuries

6. What is the cause of cramp?

2. How may you be able to tell that an individual has 1. What is a dislocation f Dislocation, Concussion, blisters and Cramp Types, causes of common sports injuries

6. What is the cause of cramp? 5. What is the cause of blisters? 4. What is concussion? 3. What treatment is required for a dislocation? dislocated a joint?

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Dislocation, Concussion, blisters and Cramp

Types, causes of common sports injuries

6. What is the cause of cramp?

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5. What is the cause of blisters?

1. What is a dislocation

3. What treatment is required for a dislocation?

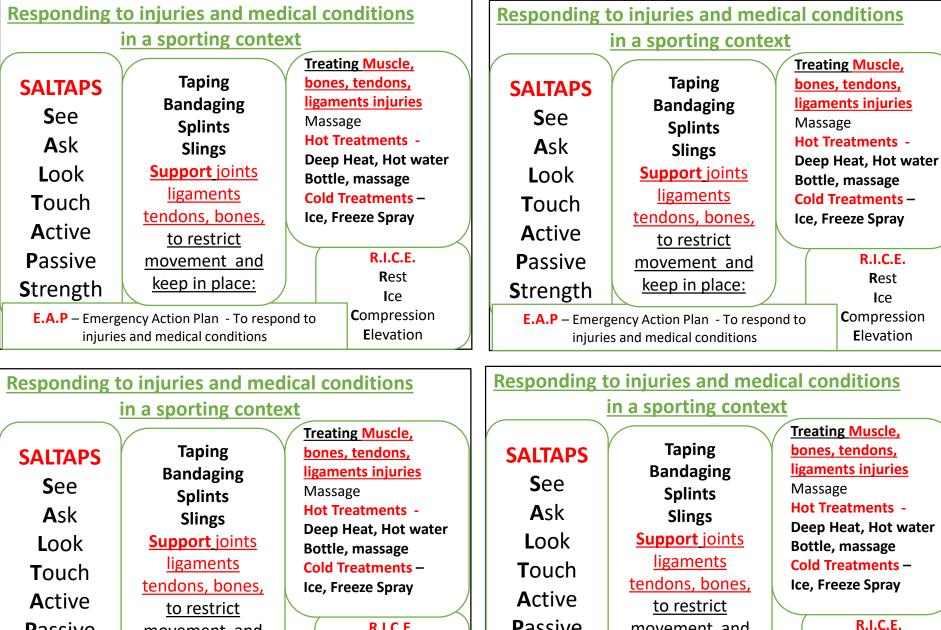
2. How may you be able to tell that an individual has

Dislocation, Concussion, blisters and Cramp

Types, causes of common sports injuries

4. What is concussion?

dislocated a joint?



ligaments injuries **Hot Treatments -**Deep Heat, Hot water **Cold Treatments -**Ice, Freeze Spray R.I.C.E. R.I.C.E. **P**assive **P**assive movement and movement and Rest Rest keep in place: keep in place: **S**trength **S**trength Ice Ice Compression Compression **E.A.P** – Emergency Action Plan - To respond to **E.A.P** – Emergency Action Plan - To respond to **E**levation Elevation injuries and medical conditions injuries and medical conditions

keep an injury in place and restrict movement		keep an injury in place and restrict movement	
Name three types of support you could use to	٠.۶	Name three types of support you could use to	.5
Name two type of cold treatments	.4.	Name two type of cold treatments	
treat a muscle injury?		treat a muscle injury?	
Name three heat treatments you could use to	.ε	Name three heat treatments you could use to	
had fractured their leg?		had fractured their leg?	J
What would you do if you then found out they	٦.	What would you do if you then found out they	۲.
playing a football match?		playing a football match?	
went down after they had been kicked whilst		went down after they had been kicked whilst	
What procedure would you follow if someone	٦.	What procedure would you follow if someone	τ.
snoitseut Questions		snoiteau Questions	
s ni snoitibnos lesibem bne seirujni ot gnibnoqs	Ве	sponding to injuries and medical conditions in a	Res
keep an injury in place and restrict movement		keep an injury in place and restrict movement	
Name three types of support you could use to	٠.	Name three types of support you could use to	٦.
Name two type of cold treatments	٦.	Name two type of cold treatments	4.
treat a muscle injury?		treat a muscle injury?	
Name three heat treatments you could use to	.ε	Name three heat treatments you could use to	
had fractured their leg?		had fractured their leg?	
What would you do if you then found out they	٦.	What would you do if you then found out they	7.
playing a football match?		playing a football match?	
went down after they had been kicked whilst		went down after they had been kicked whilst	
What procedure would you follow if someone	٦.	What procedure would you follow if someone	τ.
sporting context Questions		sporting context Questions	
s ni snoitibnos lasibem bna seirujni ot gnibnoqa	Ве	sponding to injuries and medical conditions in a	Kes

How to respond to injuries and medical conditions in a Topic 3 card 7 sporting context EMERGENCY Action Plan A pneumonic that can be used to assess whether a sports performer Why do we have an Emergency should continue is **SALTAPS**. **Action Plan?** See - what happened So that people know they are Ask – the player what happened. going to be safe. Look - at what has happened. It helps people to know what Touch - the injured site for pain to do in an emergency as it ha **Active** - can they move the limb? been planned. Passive - you move the limb. To help prevent injuries (mine Strength - can they apply / hold and major) their own weight? **Emergency Action Plan (EAP) in a sporting Context** EMERGENCY Action Plan 1. Emergency Personnel – first aider / responder / coach.

How to respond to injuries and medical conditions in a

sporting context

3. Emergency Equipment – first aid kits / evacuation chairs...

2. Emergency Communication – emergency numbers / services /

Topic 3 card 7 A pneumonic that can be used to assess whether a sports performer Why do we have an Emergency should continue is **SALTAPS**. **Action Plan?** See - what happened So that people know they are

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EMERGENCY

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radios.

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and major) their own weight? **Emergency Action Plan (EAP) in a sporting Context**

- 1. Emergency Personnel first aider / responder / coach.
- 2. Emergency Communication emergency numbers / services / radios.
- 3. Emergency Equipment first aid kits / evacuation chairs..

EMERGENCY Action Plan

Action Plan?

sporting context

How to respond to injuries and medical conditions in a

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Topic 3 card 7

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 To help prevent injuries (mind and major)

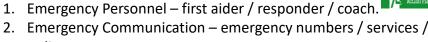
Why do we have an **Emergency**

So that people know they are

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Emergency Action Plan (EAP) in a sporting Context



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EMERGENCY Action Plan

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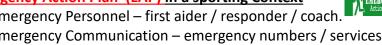
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Emergency Action Plan (EAP) in a sporting Context

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2. What are the FIVE components of an 1. Why do we have an emergency action plan? snoitseup SAATJAS in a sporting context - Emergency Action Plan (EAP) How to respond to injuries and medical conditions

3. What is the pneumonic <u>SALTAPS</u> used for? emergency action plan?

SALTAPS represent? 4. What does each letter of the pneumonic

1. Why do we have an emergency action plan? snoitsaup SAATJAS (9A3) nalq noitoA yonegram3 - txetnoo gnitroqa a ni How to respond to injuries and medical conditions

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snoitsaup SAATJAS

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conditions in a sporting context - R.I.C.E R.I.C.E is a pneumonic used whenever there is any injury

How to respond to injuries and medical

How to respond to injuries and medical

- to: **Bones Joints**
- Ligaments Muscles
- Blood vessels will be damaged. Broken blood vessels mean that blood will leak into tissue surrounding the injury leading to: Swelling

Bruising

Pain

following treatment should be given: **Rest** - The injured area.

To combat this, the

Do not put weight on it.

Topic 3 card 8

- Ice -Apply ice to reduce swelling/ease pain. **Compression** – Bandage
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Topic 3 card 8

conditions in a sporting context - R.I.C.E

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How to respond to injuries and medical

conditions in a sporting context - R.I.C.E

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In a sporting contesent and why is this done?

3. What does E represent and why is this done?

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5. Why do we use R.I.C.E to treat injuries?

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How to respond to injuries and medical conditions in a sporting context - R.I.C.E

2. What does E represent and why is this done?

3. What does C represent and why is this done?

4. What does E represent and why is this done?

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In a sporting context - R.I.C.E

1. What does I represent and why is this done?

2. What does C represent and why is this done?

3. What does C represent and why is this done?

4. What does E represent and why is this done?

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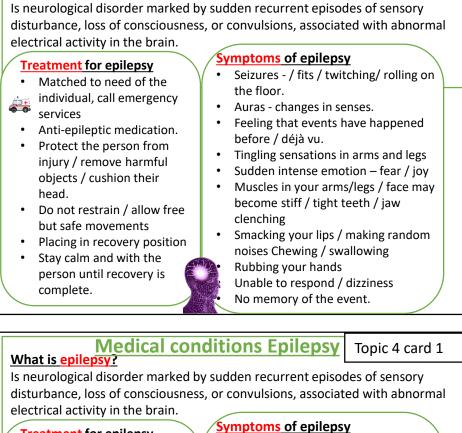
How to respond to injuries and medical conditions

Is neurological disorder marked by sudden recurrent episodes of sensory disturbance, loss of consciousness, or convulsions, associated with abnormal electrical activity in the brain. Symptoms of epilepsy **Treatment for epilepsy** Seizures - / fits / twitching/ rolling on Matched to need of the the floor. individual, call emergency Auras - changes in senses. services Feeling that events have happened Anti-epileptic medication. before / déjà vu. Protect the person from Tingling sensations in arms and legs injury / remove harmful Sudden intense emotion – fear / joy objects / cushion their Muscles in your arms/legs / face may head. become stiff / tight teeth / jaw Do not restrain / allow free clenching but safe movements Smacking your lips / making random Placing in recovery position noises Chewing / swallowing Stay calm and with the Rubbing your hands person until recovery is Unable to respond / dizziness complete. No memory of the event. **Medical conditions Epilepsy** Topic 4 card 1 What is epilepsy? Is neurological disorder marked by sudden recurrent episodes of sensory

Medical conditions Epilepsy

What is epilepsy?

Topic 4 card 1



Medical conditions Epilepsy

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Placing in recovery position

Stay calm and with the

person until recovery is

complete.

What is epilepsy?

the floor.
Auras - changes in senses.
Feeling that events have happened before / déjà vu.

Seizures - / fits / twitching/ rolling on

Topic 4 card 1

Tingling sensations in arms and legs
 Sudden intense emotion – fear / joy
 Muscles in your arms/legs / face may become stiff / tight teeth / jaw clenching

clenching
Smacking your lips / making random
noises Chewing / swallowing
Publing your hands

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Medical Conditions Epilepsy questions

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2. List THREE symptoms of epilepsy.

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4. What should you <u>NOT</u> do to an individual suffering an epileptic seizure?

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Medical Conditions Type 1 Diabetes Topic 4 card 2 What is diabetes? **Symptoms of Type 1 diabetes:** Diabetes develops when glucose can't enter Urinating a lot the body's cells to be used as fuel. It is an autoimmune disease, which means it results Being very thirsty from the immune system mistakenly attacking Losing weight parts of the body. **Type 2 Diabetes** Increased hunger **Treatments** Blurry vision Type 1 Diabetes Prescription Feeling tired **Treatments** medication Regular Insulin Monitoring blood Injections, exercising, pressure Differences between Type 1 and eating a healthy diet. exercising, eating a Type 2 diabetes: Type 1 is: healthy diet. Type 2 Diabetes is non insulin Type 1 diabetes: dependant Type 1 Diabetes is insulin Type 2 diabetes- the body becomes dependant resistant to insulin or pancreas do The Pancreas ae unable to produce not produce enough inlsuin. insulin Type 2 Diabetes generally occurs in Type 1 is Often diagnosed in adults because of excess bodyweight childhood or teen years (obesity) and an unhealthy lifestyle. Treated with insulin injections

Type 2 Diabetes

Monitoring blood

exercising, eating a

Treatments

Prescription

medication

healthy diet.

pressure

Medical Conditions Type 1 Diabetes Diabetes develops when glucose can't enter the body's cells to be used as fuel. It is an autoimmune disease, which means it results from the immune system mistakenly attacking

parts of the body.

Type 1 Diabetes

Regular Insulin

Injections, exercising,

eating a healthy diet.

Type 1 diabetes:

dependant

insulin

• Type 1 Diabetes is insulin

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Type 1 is Often diagnosed in

Treatments

What is diabetes?

Type 2 Diabetes

Monitoring blood

exercising, eating a

Treatments

Prescription

medication

healthy diet.

pressure

Symptoms of Type 1/2 diabetes:

Urinating a lot

Being very thirsty

Topic 4 card 2

Losing weight Increased hunger



Blurry vision Feeling tired

Differences between Type 1 and

Type 2 diabetes: Type 1 is: Type 2 Diabetes is non insulin

dependant Type 2 diabetes- the body becomes resistant to insulin or pancreas do

not produce enough inlsuin. Type 2 Diabetes generally occurs in adults because of excess bodyweight (obesity) and an unhealthy lifestyle.

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Treatments

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Medical Conditions Type 1 Diabetes

Medical Conditions Type 1 Diabetes

What is diabetes? Diabetes develops when glucose can't enter

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Type 1 Diabetes **Treatments** Regular Insulin Injections, exercising,

eating a healthy diet Type 1 diabetes:

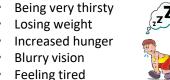
• Type 1 Diabetes is insulin dependant The Pancreas ae unable to produce insulin

Type 1 is Often diagnosed in childhood or teen years • Treated with insulin injections

Symptoms of Type 1/2 diabetes: · Urinating a lot

Topic 4 card 2

Losing weight



Differences between Type 1 and Type 2 diabetes: Type 1 is: Type 2 Diabetes is non insulin

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What is diabetes?

Diabetes develops when glucose can't enter

Type 1 Diabetes

Treatments

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Urinating a lot

Losing weight

Being very thirsty

Increased hunger

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Symptoms of Type 1/2 diabetes:

Topic 4 card 2

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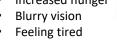
adults because of excess bodyweight (obesity) and an unhealthy lifestyle.

Diabetes Diabetes 7. List TWO forms of treatments for an individual with Type 2 7. List TWO forms of treatments for an individual with Type 2 6. List TWO forms of treatment for an individual with Type 1 diabetes. 6. List TWO forms of treatment for an individual with Type 1 diabetes. bancreas? **bancreas?** 5. What is the name of the hormone that is produced by the 5. What is the name of the hormone that is produced by the 4. List THREE examples of Type 2 diabetes? 4. List THREE examples of Type 2 diabetes? 3. List THREE symptoms of Type 1/2 diabetes? 3. List THREE symptoms of Type 1/2 diabetes? 2. List three examples of Type 1 Diabetes? 2. List three examples of Type 1 Diabetes? What is diabetes to Τ. What is diabetes to duestions duestions Medical Conditions Type 1, Type 2 Diabetes Medical Conditions Type 1, Type 2 Diabetes Diabetes Diabetes 7. List TWO forms of treatments for an individual with Type 2 7. List TWO forms of treatments for an individual with Type 2 6. List TWO forms of treatment for an individual with Type 1 diabetes. 6. List TWO forms of treatment for an individual with Type 1 diabetes. **bancreas? bancreas?** 5. What is the name of the hormone that is produced by the 5. What is the name of the hormone that is produced by the 4. List THREE examples of Type 2 diabetes? 4. List THREE examples of Type 2 diabetes? 3. List THREE symptoms of Type 1/2 diabetes? 3. List THREE symptoms of Type 1/2 diabetes? 2. List three examples of Type 1 Diabetes? 2. List three examples of Type 1 Diabetes? What is diabetes to τ. What is diabetes to duestions duestions Medical Conditions Type 1, Type 2 Diabetes Medical Conditions Type 1, Type 2 Diabetes

Medical Conditions Type 2 Diabetes Topic 4 card 3

Symptoms of Type 2 diabetes

- Urinating a lot
- Being very thirsty Losing weight
- Increased hunger





Differences between Type 1 and Type 2 diabetes: Type 2 is:

- Usually diagnosed in over 30 year olds Often associated with being over weight Often associated with high blood /
- cholesterol levels. Usually treated without
- medication / tablets.

Medical Conditions Type 2 Diabetes

What is diabetes?

Diabetes develops when glucose can't

enter the body's cells to be used as fuel. The autoimmune system of people with Type 2 diabetes does NOT attack beta cells.

Urinating a lot

Being very thirsty

- Losing weight Increased hunger
- Blurry vision
 - Feeling tired

Symptoms of Type 2 diabetes



Topic 4 card 3

Type 2 diabetes occurs when: The body loses its ability to

respond to insulin. This is known

as insulin resistance. The body responds to its ineffectiveness by producing more, but it cannot always

produce enough.

Over time, the strain placed on the beta cells by this level of insulin production can destroy them, diminishing insulin production.

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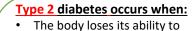
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Medical Conditions Type 2 Diabetes Topic 4 card 3

Symptoms of Type 2 diabetes Urinating a lot

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Medical Conditions Type 2 Diabetes Topic 4 card 3

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3. List THREE symptoms of Type 2 diabetes? 3. List THREE symptoms of Type 2 diabetes? 2. How does Type 2 diabetes occur? 2. How does Type 2 diabetes occur? 1. Why causes diabetes to develop? 1. Why causes diabetes to develop? Medical Conditions - Type 2 Diabetes questions Medical Conditions - Type 2 Diabetes questions 2 diabetes. <u>2</u> diabetes. 6. List <u>ONE</u> form of treatment given an individual with <u>Type</u> 6. List <u>ONE</u> form of treatment given an individual with <u>Type</u> diabetes. diabetes. 5. List <u>ONE</u> characteristic that is associated with <u>Type 2</u> 5. List \overline{OME} characteristic that is associated with $\overline{\text{Type } 2}$ 4. List TWO differences related to Type 2 diabetes. 4. List TWO differences related to Type 2 diabetes. 3. List THREE symptoms of Type 2 diabetes? 3. List THREE symptoms of Type 2 diabetes? 2. How does Type 2 diabetes occur? 2. How does Type 2 diabetes occur? 1. Why causes diabetes to develop? 1. Why causes diabetes to develop? Medical Conditions - Type 2 Diabetes questions Medical Conditions - Type 2 Diabetes questions

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diabetes.

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4. List <u>TWO</u> differences related to <u>Type 2</u> diabetes.

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Hypoglycaemia is also known as low blood sugar. It is when blood sugar levels drop below normal levels.

Symptoms of Hypoglycaemia:

- Low blood glucose / sugar levels
- Sweating & feeling dizzy
- Fatigue, weakness, tired Headaches/drowsy
- Being pale, nausea or sickness
- Feeling hungry
- A higher heart rate than usual
- Blurred vision & confusion
- Shaking or convulsions
- Fainting / lose consciousness

Treatment of Hypoglycaemia:

- Eat or drink glucose tablets, sweets, sugary fizzy drinks or fruit juice
- Take glucose gel (smear inside cheeks)
- · A blood test should be taken (after 15-20 minutes to check whether blood glucose levels have recovered).
- Call an ambulance / 999
- Take glucogen (hormone) if severe.

Medical Conditions - Hypoglycaemia Topic 4 card 4

Hypoglycaemia is also known as low blood sugar. It is when blood sugar levels drop below normal levels.

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Topic 4 card 4

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Medical Conditions - Hypoglycaemia Topic 4 card 4

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Medical Conditions - Hypoglycaemia

- 1. What is Hypoglycaemia?
- 2. Identify TWO symptoms of Hypoglycaemia
- 3. Identify TWO responses to treat Hypoglycaemia.





Low blood sugar

Medical Conditions - Hypoglycaemia

- 1. What is Hypoglycaemia?
- 2. Identify TWO symptoms of Hypoglycaemia
- 3. Identify TWO responses to treat Hypoglycaemia.





(Hypoglycemia Low blood sugar

Medical Conditions - Hypoglycaemia

- 1. What is Hypoglycaemia?
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Medical Conditions - Hypoglycaemia

- 1. What is Hypoglycaemia?
- 2. Identify TWO symptoms of Hypoglycaemia
- 3. Identify TWO responses to treat Hypoglycaemia.





Medical Conditions - Asthma

What is asthma?

Asthma is a chronic disease of the airways. When a person with asthma comes into contact with something that irritates their airways (an asthma trigger), the muscles around the walls of the airways tighten so that the airways become narrower and the lining of the airways become inflamed and starts to swell.

Symptoms of asthma:

- Coughing Wheezing
- Shortness of breath / breathlessness / difficulty breathing / heavy breathing / panting / difficulty speaking
- Tightness in the chest Pale / clammy skin
- - Grey / blue lips (if attack

Asthma treatment:

Reassurance / stay calm/ keep them relaxed / make light conversation

Topic 4 card 5

- Sit them down or upright
- · Encourage to take slow and
- steady breaths Use an inhaler / pump
 - Contact emergency services
 - (if needed) or contact parents / carers
- Use tablets if prescribed.

Medical Conditions - Asthma

Topic 4 card 5

Topic 4 card 5

What is asthma?

Asthma is a chronic disease of the airways. When a person with asthma comes into contact with something that irritates their airways (an asthma trigger), the muscles around the walls of the airways tighten so that the airways become narrower and the lining of the airways become inflamed and starts to swell.

Symptoms of asthma:

- Coughing Wheezing
- Shortness of breath / breathlessness / difficulty
- breathing / heavy breathing / panting / difficulty
- speaking Tightness in the chest
- Pale / clammy skin Grey / blue lips (if attack
- severe).

Asthma treatment:

- Reassurance / stay calm/ keep them relaxed / make light conversation
- Sit them down or upright
- Encourage to take slow and steady breaths
- Use an inhaler / pump
 - Contact emergency services (if needed) or contact parents
- Use tablets if prescribed.

/ carers

Medical Conditions - Asthma Topic 4 card 5

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Medical Conditions Asthma questions

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2. What happens to an individual that is asthmatic when something irritates their airways?

3. List THREE symptoms of asthma.

4. List THREE forms of treatment given to an asthma patient.



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