

Personal Learning Checklist (PLC)



Subject – Sport Science	Topic – R041 Reducing the Risk of Sport Injuries
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S = I have Summarised ✓
 O = I have Organised (RAG or ☹️☹️)
 R = I have Recalled ✓
 T = I have Tested Myself ✓

Key Idea					S	O	R	T
Extrinsic Factors	Can you NAME and explain the 5 Extrinsic Factors; Type of activity, Coaching, Environmental, Equipment and Safety Hazards	For each factor can you give 3 examples for each.	How can each factor increase the risk of injury?	What is an Emergency Action Plan(EAP) Can you give 2 examples of each piece of an EAP?				
Intrinsic Factors	Identify the 6 Intrinsic factors which are linked to a sport performers 'Physical Preparation'	Explain how each 'Physical Preparation' can prevent injury	Give a sporting example for each factor					
	Identify the 6 Intrinsic factors which are linked to a sport performers 'Individual Variables'	Explain how each 'Individual Variables' can prevent injury	Give a sporting example for each factor					
Psychological Factors	Identify the 3 factors; Motivation, Aggression, Arousal							
Posture and Causes of Posture	Identify the 7 causes of Poor Posture	Be able to give an example of what causes the poor posture	Name and explain each type of injury related to poor posture; Lordosis, Kyphosis, Pelvic Tilt, Scoliosis					
Warm Ups	Identify the 7 ' Physical Benefits ' of a Warm UP	Identify the 4 ' Psychological Benefits ' of a Warm UP						
	5 Key Components/Phases of a Warm Up	For each component/phase give examples of exercises/activities	Be able to link the phases with the Physical and Psychological benefits	Be able to design a warm up for a specific sport				

Cool Down	Identify the 8 ' Physical Benefits ' of a Cool Down						
	5 Key Components/Phases of a Warm Up	For each component/phase give examples of exercises/activities					
Designing your own warm up and cool down	Be able to design a warm up for a specific sport	Be able to design a cool down for a specific sport	What must you consider when planning a Warm up/Cool down and why?	1.Characteristics of the group 2.Suitable preparation for the sport/activity 3.Environmental factors			
Injuries	Definition of an Acute Injury	Give 2 or 3 examples in sport of how an acute injury may occur	Definition of an Chronic Injury	Give 2 or 3 examples in sport of how a Chronic injury may occur			
Types of Injuries and treatment	Name the 10 different types of injuries	For each type give an example in sport how they may occur	For each type identify if they are Acute or Chronic	Be able to name 3 or 4 Chronic injuries and how they occur in sport			
	Learn the acronym; SALTAPS as a method to assess an injury on the sport field	What does RICE Stand for and what type of injuries would you use RICE to treat it?	When and why would you use hot and cold treatment on acute injuries?	When and why would you strap/massage an injury?			
Emergency Action Plan	What is the purpose of an EAP?	Give examples of an; Emergency Personnel	Give examples of an; Emergency Equipment	Give examples of a; Emergency Communication			
Medical Conditions	Be able to explain the symptoms of Asthma, Diabetes, Epilepsy	What are the causes of each condition?	How does Type 1 and Type 2 diabetes differ?	How would you treat each of the 4 conditions			