

FULL LEARNING CHECKLIST/REVISION LIST

LO1: Understand different factors which can influence the risk of injury	I can identify and describe the following extrinsic factors:	
	Coaching/Supervision	
	- Poor/incorrect coaching techniques	
	- Ineffective communication skills	
	- Importance of adhering to rules and regulations	
	Environmental factors	
	- Weather	
	- Playing surface/performance area and surrounding area	
	- Other participants	
	Equipment	
	- Protective equipment	
	- Performance equipment	
	- Clothing/footwear suitable for surface/conditions/sport	
	Type of activity	
	- Contact/Non contact activities	
	- Extreme activities	
	Safety hazards	
	- Risk assessments	
	- Safety checks	
	- Emergency Action Plans (EAPs)	
	I can identify and describe the following intrinsic factors:	
	Physical preparation	
	- Training	
	- Warm ups/cool downs	
	- Fitness levels	
	- Overuse	
	- Muscle imbalances	
	Individual Variables	
- Gender		
- Age		
- Flexibility		
- Nutrition		
- Sleep		

	- Previous/Recurring injuries	
	Psychological factors	
	- Motivation	
	- Arousal/Anxiety Levels	
	- Aggression	
	I can describe good posture and the causes of poor posture:	
	Poor posture causes	
	- Poor stance/sitting positions/physical defects/lack of exercise/fatigue/emotional factors/clothing/footwear	
	Sports injuries related to poor posture	
	- Pelvic Tilt	
	- Lordosis	
	- Kyphosis	
	- Round Shoulder	
	- Scoliosis	
LO2: Understand how appropriate warm up and cool down routines can help to prevent injury	I know the physical benefits of a warm up and why they prevent injury:	
	- Warming up muscles/preparing the body for physical activity	
	- Increase body temperature	
	- Increased heart rate	
	- Increased flexibility of muscles and joints	
	- Increase in pliability of ligaments and tendons	
	- Increase in blood flow and oxygen to the muscles	
	- Increase in speed of muscle contraction	
	I know the psychological benefits of a warm up and why they prevent injury:	
	- Heighten or control arousal levels (e.g. get in the zone or settle nerves)	
	- Improve concentration/focus	
	- Increase motivation	
	- Mental rehearsal	
	I can describe and give examples of the key components of a warm up:	
	- Pulse raiser - increase heart rate and body temperature	
	- Mobility - taking joints through full ranges of movement	
	- Dynamic movements - change of speed and direction	
- Stretching - dynamic stretches linked to sport		
- Skill rehearsal phase - rehearsing common movement patterns and skills used in the activity		

	I know the physical benefits of a cool down and why they prevent injury:	
	- Helps the body's transition back to a resting state	
	- Gradually lowers heart rate	
	- Gradually lowers temperature	
	- Circulates blood and oxygen	
	- Reduces breathing rate	
	- Removes waste products such as lactic acid	
	- Reduces the risk of muscle soreness and stiffness	
	- Aids recovery by stretching muscles	
	I can describe and give examples of the key components of a cool down:	
	- Pulse lowering - gradually lowering heart rate and temperature	
	- Stretching - maintenance and static stretches	
	I know the specific needs which a warm up/cool down must consider and the effect these needs will have:	
	- Characteristics of the individual/group e.g. size of group, age of participants, experience of participants, individual fitness levels, medical conditions	
	- Suitability as preparation for a particular sport/activity	
	- Environmental factors (e.g. weather/temperature)	
LO3: Know how to respond to injuries within a sporting context	I can explain the two different types of injury in sport:	
	- Acute injuries	
	- Chronic injuries	
	I know and can describe the causes and treatment of...	
	- Soft tissue injuries - strains and sprains	
	- Overuse injuries - tendonitis, tennis elbow, golfers elbow, shin splints	
	- Open and closed fractures	
	- Concussion	
	- Abrasions - cuts and grazes	
	- Contusions - bruises	
	- Blisters	
	- Cramp	
	- Injuries related to children - Severs disease	
	- Injuries related to children - Osgood Schlatter's disease	
	I know how to respond to injuries and medical conditions:	
	- SALTAPS on field assessment (see, ask, look, touch, active, passive, strength)	
	- R I C E (rest, ice compress, elevate)	
- Stretching and massage		

	- Taping, bandaging, splints, slings	
	- Hot and cold treatments - heat packs, freeze spray)	
	I understand the need for and the use of emergency action plans:	
	- Emergency personnel - first responder, coach, first aider	
	- Emergency communication - telephone, emergency numbers, emergency services	
	- Emergency equipment - first aid kits, evacuation chair	
LO4: Know how to respond to common medical conditions	I know the symptoms of the following common medical conditions:	
	- Asthma	
	- Diabetes	
	- Epilepsy	
	I know how to respond to the following common medical conditions:	
	- Ensure awareness of any participant's medical conditions before activity	
	- Asthma	
	- Diabetes	
- Epilepsy		