Sport Science - R041: L03 (Know how to respond to injuries within a sporting context)

Step 7: Emergency **Action Plans**

Action Planning to respond to medical conditions in a sporting context. **Application** through practical session.

Step 6: RICE and SALTAPS

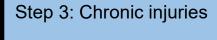
How to respond to common medical conditions in a sporting context. **Practical** scenarios to be included.

Step 5: Injuries related to children

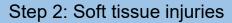
Causes and treatment for Sever's disease and Osgood Schlatters Disease.

> Types, causes and treatment of common sports injuries (fractures abrasions, concussion, ,contusions ,blisters and cramp)

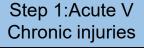
Step 4: Common sports injuries



Types, causes and treatment of chronic injuries (Achilles tendon ,golfers/tennis elbow ,shin splints.).



Types, causes and treatment of soft tissue injuries.



Define Acute and Chronic injuries providing examples of each.



