

Sport Science - R180: Different factors which influence the risk and severity of injury.

Step 6: End of topic test
End of topic test (30 marks) 30 minutes.

Step 5: Intrinsic factors: Reasons for aggression and mental strategies.
The reasons for aggression including level of performance ,retaliation ,pressure tow in decisions of officials and performance enhancing drugs. Also an explanation of mental strategies: mental rehearsal ,imagery and selective attention

Step 3: Intrinsic factors: Individual variables
Analysis of individual variables influencing the risk of injury:
Gender ,Age ,Experience ,Weight ,Fitness levels ,Technique/ability ,Nutrition / hydration ,Medical conditions ,Sleep, Previous recurring injuries

Step 4: Intrinsic factors: Psychological factors
Explanation of psychological factors including motivation ,arousal ,anxiety/stress ,confidence and aggression

Step 2: Extrinsic factors: Environment and equipment

Consideration of environment: weather /temperature conditions ,playing surface ,human interaction .
Equipment: Protective ,performance and clothing , footwear (practical session to be included here)

Step 1: Extrinsic factors – Type of Sports activity and coaching/instructing and leading

Describe how different types of sporting activity (contact v non contact) can influence the types of injury. **Practical session**
Describe how the coach can influence the risk of injury (practical session on



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