<u>Sport Science</u> - R180 : TA4 (Reducing the risk ,treatment and rehabilitation of sports injuries and medical conditions)

Step 6: Retrieval practice/end of topic test

Retrieval practice/revision and end of topic test.

Step 5: Different psychological effects of dealing with injuries and medical conditions

Describe the different psychological effects of dealing with injuries and medical conditions including treatment and long term rehabilitation.

Step 4: Responses and treatment to injuries and medical conditions in a sporting context

Use of X rays to detect injury Overview of treatment therapies including massage ,ultrasound ,electrotherapy ,hydrotherapy ,cryotherapy ,contrast therapy ,painkillers ,ibuprofen ,support.

Step 3: Responses and treatment to injuries and medical conditions in a sporting context

Explanation and practical application of SALTAPS, DRABC, Recovery position, PRICE

Step 2: Emergency action Plans (EAP)

Explain the 3 parts to an EAP (personnel ,communication ,equipment). Step 1: Measures that can be taken before and during participation in sport.

Describe safety checks (risk assessments ,control measures ,characteristics of the individual /group.

Explain strategies to help reduce the risk of sports injuries /medical conditions (medicals ,screening ,NGB policies.

Practical session /application on risk assessments.







