Sports Injuries

Brainstorm Activity

1. List some sporting injuries that you and your classmates come up with:

___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

2. List some famous sports people’s injuries:

___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

Common Sports Injuries for you and your friends

3. There are a lot of common injuries that affect teenagers but these depend on the sport being played. List some common injuries that either you or your friends could be at risk of:

   Netball: ____________________ ______________________
   Skateboard/BMXs:________ _______________________
   Soccer: _ ______________ ________________________
   Hockey:  ______________ _________________________
   Running: _______________________________________
   Softball:_____________ __________________________
   Playing:   ______________________________________
   Cricket:_________________________________________
   Rugby League/union/AFL:____________________________
   Other:__________________________________________
Your Notes

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Lesson 1 Student Worksheet: Sports Injury Management
Lesson 1 Student Worksheet: Sports Injury Management

Sports Injury Knowledge

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Common injuries?

_______________________________________________________________

_______________________________________________________________

_______________________________________________________________

_______________________________________________________________

_______________________________________________________________

Types of Injuries by Cause

_______________________________________________________________

_______________________________________________________________

_______________________________________________________________

_______________________________________________________________

_______________________________________________________________
About Sports Injuries

10. Complete the following cloze passage from the words in the box at the bottom of the page.

Sports injuries are more likely to occur during _______________, like in the backyard, at the park with friends or at __________, because _______________ and game rules are often overseen.

The most common cause of school sports injuries are ______ and _________. These can result in sprains or _______________.

The most common parts of the body to get injured are the arms, elbows and _________.

Sport is very ____ and a healthy, fun way to live life. Sport should not be avoided but it should be taken _______ when players are at risk of injury.

<table>
<thead>
<tr>
<th>informal playing times</th>
<th>lunch-time</th>
<th>protective gear</th>
</tr>
</thead>
<tbody>
<tr>
<td>over-exertion</td>
<td>falls</td>
<td>fingers</td>
</tr>
<tr>
<td>strained muscles</td>
<td>safe</td>
<td>seriously</td>
</tr>
</tbody>
</table>