

Sports Injuries

*Suggested answers to all student exercises are in **bold**.*

Brainstorm Activity

Ask students to brainstorm some common sports injuries, including those that they may have suffered. Students to then think about injuries of famous sports people.

Some examples include:

1) Common sporting accidents:

- **Sprained ligament**
- **Muscle strain**
- **Dislocations**
- **Corked muscles**
- **Bruises, cuts and grazes**
- **Dislocations/fractures**

2) Famous sports people injuries:

Examples include:

- **Michael Klim** (Australian swimming champion) missed the Commonwealth Games due to a back injury that required surgery
- **Martina Hingis** (Pro Tennis Player) ankle injury
- **Matt Rogers** (NSW Waratahs) injured foot, miss two-three weeks
- **Robbie O'Davis** (Newcastle) broken nose

3) Common Sports Injuries that affect you and your friends

Depending on the game or sport being played, there are common injuries that affect many teenagers. Some of these include:

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| ▪ Netball | Torn knee ligaments |
| ▪ Skateboarding/BMX | Concussion and bruises |
| ▪ Soccer | Sprained ankles |
| ▪ Hockey | Sprained ankles |
| ▪ Running | Torn hamstrings |
| ▪ Softball | Strained muscles |
| ▪ Playing | Cuts and grazes |
| ▪ Cricket | Injured back |
| ▪ Rugby League | Facial lacerations |
| ▪ AFL | Muscle strains, groin and calf injuries |

Jigsaw Exercise

Teacher is to discuss the rate of sporting injuries with students, giving the class appropriate facts and figures from the teacher's resource. Students are to take notes, key words and phrases. Students to then form into groups to reconstruct the passage and report a section each back to the class.

Sports Injury Knowledge

More than **one million** sports injuries occur each year¹ costing the community an estimated 10 million dollars a year. Approximately **30-50%** of these injuries could potentially be prevented².

Common Injuries

The most common types of injuries. These are:

- **Muscle strains or tears**
- **Bruising**
- **Ligament sprains or tears**
- **Broken bones**

Other injuries range from **dislocations** to **concussion**.

Types of Injuries by Cause

Sports injuries are usually categorised according to the cause of injury, either direct, indirect or from overuse. The three different types of injuries are characterised as a:

Direct Injury: An injury that is likely to be a result of contact with another player, object or the ground. E.g. Contused (corked) thigh

Indirect Injury: An injury that is likely to be a result of physical impact without contact, i.e. straining a muscle from movement while running. E.g. Hamstring strain

Overuse Injury: An injury that is likely to be a result of continual impact on tendon or bone leading to detrimental wear and tear and therefore high risk of injury.

Approximately half of all Australian children are injured whilst playing sport³.

¹ ABS: Australian Social Trends, 1997

² Centre for Health Promotion and Research Sports Injuries in Australia: Causes, costs and prevention. A report to the National Better Health Program, 1990

³ 1994-5 Northern Sydney Area Health Service Survey of Youth Sports and Injuries

Cloze Activity

Teacher to read passage (alternatively nominate student/s to read). Students then to complete the cloze exercise from words listed in the box.

About Sports Injuries

Sports injuries are more likely to occur during **informal playing times**, like in the backyard, at the park with friends or at **lunch time**, because **protective gear** and game rules are often overseen.

The most common cause of school sports injuries are **falls** and **over-exertion**. These can result in sprains or **strained muscles**.

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

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