



Smart Sport Lesson Kit: Lesson 2

Title:	<i>Sports Injury Symptoms & Prevention</i>
Lesson objective:	Students will gain a basic understanding of common symptoms of sporting injuries and how to best prevent sporting injuries.
Notes	Teacher can choose all or selected activities from those suggested to suit the needs of the class.
Topics covered	Sports Injury Management (Injury Symptoms and Causes) Sports Injury Prevention
KLA	PDHPE Syllabus
Year: 7 or 8	Stage: 4
Learning Outcomes:	At the end of this lesson students will: <ul style="list-style-type: none">- Better understand factors that contribute to personal awareness and their effects on behaviour- Communicate effectively with others- Make decisions in the context of maintaining healthy lifestyles- Problem solve individually and in a group
Duration	35– 40 minutes
Teacher Prep Time	5 mins
Preparation necessary	Photocopy student worksheets
Materials provided	Student Worksheets (student) Teacher Notes (background)

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Teaching strategies	<p>Sports Injury Symptoms & Causes Worksheet</p> <ul style="list-style-type: none">- Teacher to read introduction to section- Divide students into groups of 5 or 6- Ask each student group to nominate a scribe. Give the scribe the <i>Injuries Worksheet</i>.- In groups, students are to research the possible causes of injuries listed. The scribe will record these.- Each group is to nominate a spokesperson.- Ask each spokesperson to give one example of injury symptoms and possible causes to the class. Ask scribes to add the injuries that they had not thought of at the bottom of their sheets. <p>Injury Prevention Activity</p> <ul style="list-style-type: none">- Discuss with the class the different elements that can help prevent sports injuries. Students to then complete the blanks for each element.
References	<ul style="list-style-type: none">• ABS: Australian Social Trends, 1997• Centre for Health Promotion and Research Sports Injuries in Australia: Causes, costs and prevention. A report to the National Better Health Program, 1990• West Australian Sports Injury Study (2001)
Attachments	Worksheets

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