



Smart Sport Lesson Kit: Lesson 3

Title:	Injury Management
Lesson objective:	Students will gain a basic understanding on how to assess and manage sporting injuries.
Notes	Teacher can choose all or selected activities from those suggested to suit the needs of the class.
Topics covered	Assessing Injuries (TOTAPS) Injury Management (RICER, HARM) Injury Treatment
KLA	PDHPE Syllabus
Year: 7 or 8	Stage: 4
Learning outcomes:	At the end of this lesson students will be able to: <ul style="list-style-type: none">• Act to protect themselves in threatening situations• Describe counter-measures for a variety of potentially dangerous situations• Outline the attitudes and behaviours that cause and prevent accidents• Communicate effectively with others• Make decisions in the context of maintaining healthy lifestyles• Problem solve individually and as a group
Duration	35– 40 minutes
Teacher Prep Time	5 mins
Preparation necessary	Photocopy student worksheets

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Materials provided	Student Worksheets (student) Appendix (background) Picture, worksheets
Teaching strategies	Introduction to Assessing Injuries 1. Listening & note taking exercise - TOTAPS Discuss with the class the different elements to TOTAPS. Students are to complete the boxes for each element based on teacher/class discussion. Refer to 'Teacher's notes' for answers. 2. Research Activity: Injury Treatment – RICER Students to research via the internet and then complete worksheet. Class discussion on answers. Refer to 'Teacher's notes' for answers. 3. Listening & note taking exercise: Injury Treatment – HARM Discuss with the class the different elements to HARM. Students are to complete the boxes for each element based on teacher/class discussion. Refer to 'Teachers notes' for answers. 4. Role-play Activity Students to role-play injured, coach and physiotherapist. Groups to practice TOTAPS, RICER and HARM.
References	www.elastoplastsport.com www.smartplay.com.au
Attachments	Worksheets

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