



R180 – Topic Area 1

Factors Which Influence the Risk & Severity of Injury

Name _____

Class _____



Factors which can influence the risk of injury can be **extrinsic** or **intrinsic**.

Extrinsic factors refer to factors outside of the performer's control whereas intrinsic factors can be controlled, to some extent, by the performer.

Extrinsic Factors

There are four extrinsic factors that can influence the risk of injury.

1.Type of Activity 2. Coaching/Instructing 3. Environmental Factors 4. Equipment

1. **Type of activity** – The nature of an activity can make a sport more 'dangerous'. Give an example of a contact and a non-contact sport.

Contact Sport: _____ Non-contact Sport: _____

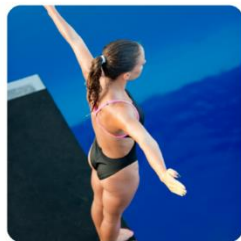
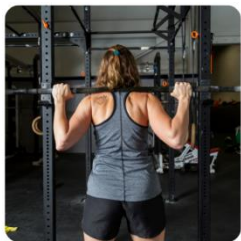
Using examples, explain why contact sports may be more likely to lead to injuries.

2. **Coaching/Supervision** – Each sport has specific rules to prevent incidents from occurring. It is important that athletes are offered guidance by coaches to carry out activities safely and with the correct technique.

Name a rule that is used in your sport and describe what happens if this rule is broken. How does this help to prevent injury?



An **experienced** coach will make sure that a performer is using the **correct technique** in order to avoid injuries.



How can 'correct technique' help to prevent injuries in the sports pictured above?

A coach can also influence the potential injuries to opponents. This will be dependent on their **Ethical Standards**.

How can the tactics used by a coach cause injuries to opponents in the following sports?

Sport	Tactic which could lead to injuries
Rugby	
Football	
Netball	
Cricket	

3. Environmental Factors –

The **weather** in which an activity is performed impacts the surface and environment, which can hinder performance as well as increase the risk of injury. For example, a _____ surface due to rain can cause players to slip, or very hot weather can cause _____.



The **playing surface** that a sport takes part on can also increase or decrease the chances of an injury taking place.

A rugby team has moved from a grass pitch to a 4G synthetic pitch. Using some of the phrases given below, explain the impact that this could have on the potential for injuries to players.

Abrasions. Harder surface. Knee injuries. Pace of game. Fractures.



Human interaction during sport can lead to an increase in the potential for injuries. This is particularly due to provocative or aggressive behaviour. How can the following groups increase aggressive behaviour in the sport of football?

Group	Behaviour that can lead to aggression/increase the chances of injury
Other performers/participants	
Officials	
Spectators	

4.Equipment – Sports tend to have specific sportswear necessary to carry out activities. Equipment can be split into four categories. Using the table below, give an example of each type of equipment.



Equipment Type	Example from Sport
Protective Equipment	
Performance Equipment	
Clothing	
Footwear	

Why is the correct footwear vital when taking part in sport? Give an example.

Discuss the equipment that is used to prevent injury in a sport that you regularly take part in.



Intrinsic Factors

There are two intrinsic factors that can influence the risk of injury.

1. Individual Variables 2. Psychological Factors

1. Individual Variables

- Gender: Men tend to be _____ (stronger/weaker), whereas females tend to be more _____ (stiff/flexible)
- Age: Children should compete against people of their own age and at the right activity level, e.g. they should be given _____ (lighter/heavier) weights.
- Previous injuries can place too much stress on a body part, making it more susceptible. Too much jumping and landing can make which joint susceptible to injury? _____.
- Nutrition is vital to prevent dehydration and fatigue.

Oliver is a weightlifter with a poor diet. How can a low calcium intake put him at higher risk of injury?



-
- Sleep deprivation can cause a lack of energy and _____, so a player is more likely to lose focus and perform with poor technique.

2. Psychological Factors

Motivation is vital in sport in order to perform at a high level. It can also help to avoid injuries. A boxer has entered the ring feeling demotivated and lethargic. How can this increase the chance of injury?

Arousal is a physical and mental state of alertness, varying from deep sleep to intense excitement. Anybody who has regularly participated in sport will understand that arousal levels can vary before and throughout sporting performance.

When have you experienced higher-than-normal levels of arousal during sport? How do you know that your arousal levels were high?

Arousal levels can increase if a match or performance is given a heightened sense of importance, for example a cup final or a local derby. Name five other factors that you think could lead to higher levels of arousal in sport.

- 1.
- 2.
- 3.
- 4.
- 5.

Arousal is important to give competitors some degree of drive and the right amount of arousal can increase performance greatly. However too much arousal can cause problems in sport. The following sports people can be seen to have suffered the consequences of being over-aroused during sporting performance. Use your knowledge or research to explain what happened to each performer.

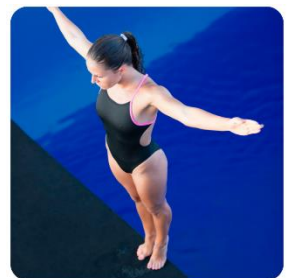
Name	Picture	Year/Event	What happened?
Rory Mcilroy (Golf)		2011	
Loris Karius (Football)		2018	
Ben Flower (Rugby League)		2014	
Tony Fleet (Darts)		2010	

Anxiety/stress can have a negative impact on performance. A gymnast is feeling anxious before a routine on the balance beam. Why might this have an impact on performance and increase the chance of injury?



Elite performers approach their sport with **confidence**.

A diver is confident as they prepare their performance. How will this decrease the likelihood of poor performance and injury?



Aggression is a deliberate intent to harm or injure another person. It can be physical or mental and is used to **intimidate** opponents.

Indirect aggression does not involve physical contact. The aggression is taken out on an object to gain advantage, eg hitting a tennis ball hard during a rally.

Direct aggression involves physical contact with others, e.g. a punch.

Give an example of a time that you have shown indirect aggression during sport.

Give an example of a time that you have shown direct aggression during sport.

A tennis player has decided to smash their racket against the ground following a bad shot. Discuss whether you think this act of indirect aggression will help or hinder their performance throughout the rest of the match.



The following sports people have all been involved in aggressive acts. Use your knowledge or research to explain what happened to each performer. Make sure you highlight whether their aggression was direct or indirect.

Name	Picture	Year/Event	What happened?
Eric Cantona		1995	
Denis Shapovalov		2017	
Mike Tyson		1997	
Henrik Stenson		2014	

Aggression can be mental as well as physical. Give an example of an aggressive act in sport which could be deemed as mental.

Reasons for Aggression

There are five different reasons for aggression during sporting performance.

**Level of performance. Retaliation. Pressures to win.
Decisions of officials. Performance enhancing drugs.**

Which of these reasons do you think is most likely to lead to aggression and why?

Think of a time that you have become aggressive when taking part in sport. What was the reason for this aggression?



Mental strategies can be used to control aggression. This will help performers to remain calm and will prevent injuries in sport.

Mental rehearsal/imagery is a technique in which the performer imagines/visualises themselves being successful in their performance. The performer may recreate a good past performance in their mind or may 'make up' a positive new experience. For example, before taking a penalty a footballer might picture the ball hitting the back of the net.

Having spent many years as number 1 in the World rankings, a golfer is now at number 88. Explain how they could use mental rehearsal to improve in competitions in order to move up in the World Rankings.



A Formula One driver is suffering from low self-esteem following a crash. Explain one way that they can use mental rehearsal in order to improve their performance.



Selective Attention

As performers improve their skills within a sport and become more confident and comfortable, they are able to block out the **irrelevant information** from the display. For example, in football this could include noise from the crowd or the position of the referee on the pitch.

This process is known as **Selective Attention**.

How can selective attention be used in the following sports?

	Relevant information from the display	Irrelevant information from the display
Taking a penalty in football		
Bowling a ball in cricket		
Taking a shot in netball		
Running a 100m race		
Putting in golf		

Selective attention can help a participant to concentrate on performance. This will enable them to ignore distractions that can lead to aggression and an increased chance of injury.



Key Terms

Arousal: A physical and mental state of alertness

Confidence: A feeling of trust in a person or thing

Aggression: A deliberate intent to injure or harm another person

Motivation: A reason for behaving in a particular way

Mental Rehearsal: Imagining performance before it takes place

