

# CNAT SPORT SCIENCE R180:

## Different Factors which Influence the Risk and Severity of Injury



The PE Classroom

### Extrinsic Factors - Coaching and Activity

Coaches can reduce the risk of injury by providing...

- Advice on correct technique
- Expertise
- Support
- Instruction
- Direction
- Knowledge
- Guidance



#### Technique

- ✓ Coaching good tackles in rugby improves timing, accuracy and safety.
- ✓ Teaching performers how to land from jumps correctly reduces stress on ankle joint.



Consider number of participants

Consider risk level of activity

Communication and supervision

Clear and easy to understand instructions

Cover safety and technique points

#### Expertise

- ✓ Identify risky situations
- ✓ Foresee injuries from technique
- ✓ Advice on technique and use of equipment



### Non-contact sports

Non-contact team sports also possess risk of injury. Acute injuries include muscle strains and sprains such as when running or jumping. Chronic injuries include overuse injuries from repeated actions.



### Contact sports

Contact sports have a higher risk of injury.

This is caused by the physical contact in defence, attacks or tackles.

**Individual sports**  
The most common injuries in individual sports such as gymnastics are caused by land incorrectly, falling and using poor form. These injuries include sprains and fractures in the knee and ankle.

### Extrinsic Factors - Environment and Equipment



### Intrinsic Factors

#### Individual Factors

