

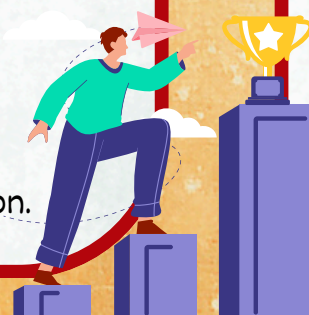


Key Terms - Reducing the Risk of Sports Injuries & Dealing with Common Medical Conditions

TA1 - Different Factors which Influence the Risk & Severity of Injury



- 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.
- Direct Aggression** - Involves physical contact with another person.
- Channelled Aggression** - Feelings of aggression is diverted into a more positive controlled reaction.
- Anxiety** - A feeling of unease, worry or fear.
- Motivation** - A reason for behaving in a particular way.
- Mental Rehearsal** - Imagining performance before it takes place.
- Extrinsic Factors** - Outside of the performers control.
- Intrinsic Factors** - Within the performers control.
- Selective Attention** - Being able to block out irrelevant information.

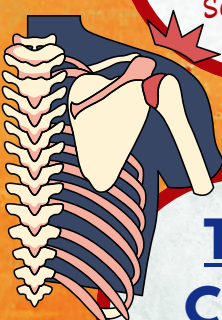


TA2 - Warm Up & Cool Down Routines

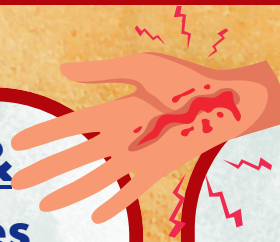
- Pulse Raising** - Slow exercise that gradually increases the heart rate and body temperature.
- Mobility** - Exercises that can take joints through their full range of movement.
- Dynamic Stretching** - Stretching whilst moving.
- Skill Rehearsal Phase** - Rehearsal of a skill before a match/game.
- Physiological Benefits** - A positive effect of exercise on the body.
- Psychological Benefits** - A positive effect of exercise on the mind/emotional state.
- Pliability** - The ability to bend easily.
- Delayed Onset of Muscle Soreness (DOMS)** - Delayed onset of muscle soreness. This occurs 24-72 hours after strenuous activity.
- Aerobic Exercise** - Exercising at a moderate intensity, allowing the body to utilise oxygen for energy production.
- Anaerobic Exercise** - Exercising at a high intensity, not allowing the use of oxygen for energy production.
- Lactic Acid** - A toxic acid produced in muscles during anaerobic exercise. Causes muscle cramps.



TA3 - Different Types & Causes of Sports Injuries



- Acute** - Injuries that occur from a sudden trauma and usually cause considerable pain.
- Fracture** - A crack or break to a bone.
- Stress Fracture** - Tiny cracks in a bone caused by repetitive force.
- Dislocation** - Injury or disability caused when the normal position of a joint is disturbed.
- Sprain** - Ligament damage.
- Strain** - Muscle pull or tear.
- Chronic Injuries** - Known as 'overuse' injuries. They develop over a long period of time and are usually a result of repetitive action.
- Epicondylitis** - A painful condition that occurs when tendons are overloaded.
- Tendonitis** - Inflamed tendons at the achilles.



TA4 - Reducing Risk, Treatment & Rehabilitation of Sports Injuries & Medical Conditions

- PRICE** - Used to treat minor injuries. (Rest, Ice, Compression, Elevation).
- SALTAPS** - An on-field assessment routine carried out once an injury has occurred (See Ask Look Touch Active Passive Strength).
- EAP** - Emergency Action Plan. Carried out as a response to an injury.
- DRABC** - The process to follow when a casualty appears to be unconscious. (Danger Response Airways Breathing Circulation).
- Electrotherapy** - Electrical impulses sent through the skin to reduce pain.
- Hydrotherapy** - The use of water in the treatment of various conditions.
- Cryotherapy** - The use of extreme cold to remove abdominal tissue.
- Contrast Therapy** - The injured area is subjected to both heat and cold therapy.



TA5 - Causes, Symptoms & Treatment of Medical Conditions

- SCA** - Sudden Cardiac Arrest. A genetic disorder which can cause an electrical fault in the heart.
- Epilepsy** - A neurological disorder in which a person has recurrent seizures.
- Asthma** - A chronic respiratory disease affecting airways transporting air to and from the lungs.
- Diabetes** - A disease in which blood glucose levels are too high.
- Hyperglycaemia** - When people with diabetes have too much sugar in their blood.
- Hypoglycaemia** - When the blood sugar levels go too low.
- Hypothermia** - When the body temperature drops below 35 degrees.
- Heat exhaustion** - When the body is above 38 degrees.

