

Starter

Can you identify any rules that will help a performer to avoid injury and optimise performance?





Preventing Injury

Physical Training



Learning Objectives

- Know the 9 factors that should be taken into account in order to prevent injury (4-5)
- Understand how to carry out the 9 factors (6-7)
- Be able to apply and justify the 9 factors to different sporting examples, explaining how each may differ (8-9)

Factors to prevent injury

- 1) Type of training/Intensity of work should match the training purpose (aerobic/anaerobic)
- 2) Do not over train – eg appropriate weights should be lifted.
- 3) Wear appropriate clothing and footwear
- 4) Stretch, but do not overstretch or bounce.

5) Use taping and bracing, where appropriate to support areas of weakness.

6) Use correct technique – eg lifting technique.

7) Keep hydrated

8) Time for rest and recovery

9) Always warm up and cool down properly

Task

Preventing Injury



- 1) Identify a famous sports person.
- 2) Describe how the 9 factors to prevent injury relate to your chosen performer.
- 3) Highlight the four most important factors for your performer, in your opinion.

Rapid Recall

The word SAFER can be used to remember aspects of safety when training.

- S - stretches should be completed as part of a thorough warm up.
- A – appropriate intensity should be used.
- F – footwear and clothing should be appropriate to allow support/movement.
- ER – exercise and rest – allow appropriate rest in between exercise sessions.