

Extrinsic Factors

Type of Activity (Contact v Non Contact)

Equipment (Performance, protective, footwear, clothing)

Environment (Weather, playing surface, other people)

Coaching/Supervision (Knowledge, experience, communication, supervision, ethical standards)

Intrinsic Factors

Individual Variables Sleep, Previous Injuries, Age, Weight, Fitness, Ability, Gender, Nutrition, Experience, Medical conditions

Psychological Motivation, Arousal, Anxiety, Confidence, Aggression (Direct/Channelled)

Reasons for Aggression

Level of performance, Retaliation, Pressures to win (performer/coach/spectators), Decisions of officials, Performance enhancing drugs

Mental Strategies

Mental rehearsal, Imagery, Selective Attention

Chronic Injuries

Overuse – over a period of time – repeated movement

Tendonitis – inflamed *tendon* (sore, red, pain)

Achilles Tendonitis (Heel), **Rotator cuff Tendonitis** (Shoulder) **Patellar Tendonitis** (Knee) (Treat with PRICE)

Epicondylitis – inflammation at the elbow. (Treat with PRICE)

LaTeral Epicondylitis – Tennis Elbow – OuTside of elbow

Medial Epicondylitis – Golfers Elbow – Inside of Elbow

Shin Splints – Pain in your shin (overweight, hard surfaces, poor technique, incorrect footwear) (Treat with PRICE)

Stress Fracture – repeated pressure on same body part (X Ray)

Warm Up

Pulse Raiser Jogging

Mobility Hip rotations

Dynamic Stretching Lunges, open the gate

Skill rehearsal Passing, shooting

Physiological (BODY) Benefits

Increase in

1- muscle temperature

2 - heart rate

3 - flexibility of muscles and joints

4 - pliability of ligaments and tendons

5 - blood flow and oxygen to muscles

6 - the speed of muscle contraction

Psychological (Mental) Benefits

1 - Increase or control arousal levels

2 - Improve concentration/focus

3 - Increase motivation

4 - Increase confidence

5 - Mental rehearsal

Cool Down

Pulse lowering - Slow jogging/walk

Stretching – Maintenance (range of motion) Static (improve flexibility) PNF (partner push further)

Physiological (BODY) Benefits

Gradually lowers

1- heart rate

2 - temperature

3 – breathing rate

4- Circulates blood and oxygen

5 - Helps prevent blood pooling

6 - Removes waste products such as lactic acid

7 - Reduces risk of Delayed Onset of Muscle Soreness (DOMS)

Acute Injuries

Sudden trauma – Pain – (tackle/fall/collision)

Soft tissues damage – to muscles, ligaments, tendons, skin

Hard tissue damage – to bone

Strain – Torn muscle or tendon (Treat with PRICE)

Sprain – Torn ligaments (ACL – knee) (Treat with PRICE)

Skin Damage - **Abrasion/graze** (clean/cover), **Cut/laceration** (stop bleeding, clean, cover) **Contusion/Bruise** (Ice), **Blister** (clean/cover)

Fractures – **Open** (skin broken) **Closed** (break inside the skin) (medical professional – X Ray, Surgery, Cast)

Dislocation – bones moves out of a joint (medical professional)

Concussion – blow to the head, dizziness, confusion, blurred vision. (medical help)

Links to **Dementia** and **Alzheimer's**.

Reducing Risks

Risk Assessment – identify hazards. (type of group/group size)

Medicals and Screening – identify health problems

National Governing Bodies (NGB) Policies – safety equipment, staff training, policy to reduce injury.

Emergency Action Plan

Emergency Equipment – First Aid Kit, Defibrillator.

Emergency Personnel - First aider, coach, doctor.

Emergency Communication – emergency contacts, emergency services 999

SALTAPS – to see what treatment is needed.

S – See See what has happened.

A – Ask Ask the performer – what happened? Where does it hurt?

L – Look Look at the injury, can you see it ? Bleeding ? Bruising? Fracture?

T – Touch Touch the area any signs of the injury. Bumps ? Pain?

A – Active Can the performer the injured body part?

P – Passive You move the body part. Any signs of pain ?

S – Strength Put weight on their body part, move it?

PRICE

Treatment of minor/common injuries

P – Protection Protect the area

R – Rest Rest the body part

I – Ice Ice to reduce swelling

C – Compression Support area (bandage)

E – Elevate Raise above level of heart.

DRABC – respond to an injury

D – Danger Check the area is safe and free from danger.

R – Response Is the performer responsive? Can they hear you?

A – Airway Check airway is open and not blocked

B – Breathing Check for breathing? Chest moving ? Feel breath? (CPR and Defib if not breathing)

C – Circulation Check for bleeding, control if there is.

If performer is breathing but unresponsive with no bleeding – place in recovery position.

Treatments/Therapies

Massage – helps pain in muscles

Ultrasound - identify injury, help blood flow

Electrotherapy – electrical energy, help blood flow

Hydrotherapy – use water to reduce pain

Cryotherapy – use cold – reduce pain/swelling

Contrast therapy – use hot **and** cold – reduce pain

Painkillers – medication to reduce pain

Ibuprofen – reduce pain/inflammation

Support – protect the area (bandage, joint support, taping)

Immobilisation – stop from moving Cast/splint/sling

MEDICAL CONDITION	CAUSE	SYMPTOMS	TREATMENT
Asthma	Environment, Exercise	Coughing, Wheezing, shortness of breath, tight chest	Reassurance, inhalers, nebuliser
Diabetes	Type 1 - Insulin dependent Type 2 – doesn't produce enough insulin	Increased thirst, Urinating more often, Extreme tiredness, Weight loss, Cuts take a long time to heal	Type 1 – Insulin injections Type 2 – diet and exercise
Epilepsy	Severe head injury, Anxiety/Stress, Tiredness	Mouth – bite, random noise, dribbling, Eyes – look blank, fluttering, Limbs – Shaking, stiff body	AED's (Anti epileptic drugs) Ketogenic diet (high in fat)
Sudden Cardiac Arrest	Exercise, genetic condition, trauma	Unconscious, breathing difficulties	Defibrillators, lifestyle changes
Hypothermia	Body temperature drops below 35'	Shivering, Blue lips/skin, Tiredness/confusion, Slow breathing	Remove wet clothing, cover in blanket, warm sugary drink
Heat exhaustion	Body temperature over 38', not enough water, intense exercise	Excessive sweating, Headache/dizziness, Being very thirsty, Feeling or being sick, Rapid pulse and/or breathing	Drink, Move to a cool place
Dehydration	Losing bodily fluid	Feeling thirsty, Fatigue, Dark yellow urine, Dry mouth/lips	Drink water, rehydration sachets