

Sports Science Unit R180 Revision RAG Sheet

<u>SPECIFICATION CONTENT</u>	<u>RED</u>	<u>AMBER</u>	<u>GREEN</u>
<u>Topic Area 1: Different factors which influence the risk and severity of injury</u>			
Extrinsic Factors			
Types of sports activity			
Coaching/instructing/leading			
Environment			
Equipment			
Intrinsic Factors			
Individual variables			
Psychological Factors			
Reasons for aggression			
Mental strategies			
<u>Topic Area 2: Warm up and cool down routines</u>			
Warm up			
Key components of a warm up			
Physiological benefits of a warm up			
Psychological benefits of a warm up			
Cool Down			
Pulse lowering			
Stretching			
Physiological benefit of a cool down			
<u>Topic Area 3: Different types and causes of sports injuries</u>			
Acute Injuries			
Soft tissue and hard tissue injuries			
Strains			
Sprains			

Skin damage			
Fractures			
Dislocations			
Head Injuries			
Chronic Injuries			
Tendonitis			
Epicondylitis			
Shin splints			
Stress fractures			
<u>Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions</u>			
Measures that can be taken before and during participation in sport or physical activity to reduce risk and severity of injury/medical conditions			
Safety Checks			
Strategies to help reduce the risk of sports injuries and medical conditions			
Emergency Action Plans (EAP)			
Responses and treatment to injuries and medical conditions in a sporting context			
SALTAPS on-field assessment routine, is an acronym for (See, Ask, Look, Touch, Active, Passive, Strength)			
DRABC is an acronym for (Danger, Response, Airway, Breathing, Circulation)			
Recovery position			
PRICE therapy is an acronym for (Protection, Rest, Ice, Compress, Elevate)			
Use of X-rays to detect injury			
Overview of treatments/ therapies (Massage, Ultrasound, Electrotherapy, Hydrotherapy, Cryotherapy, Contrast therapy, Painkillers, Support, Immobilisation)			
Different psychological effects of dealing with injuries and medical conditions including treatment and long-term rehabilitation			
<u>Topic Area 5: Causes, symptoms and treatment of medical conditions</u>			
Asthma			
Causes/triggers of asthma			
Common symptoms of asthma			

Treatment			
Diabetes			
Difference between Type 1 and Type 2 diabetes			
Causes of Type 1 and Type 2 diabetes			
Common symptoms of Tye 1 and Type 2 diabetes			
Treatment of Type 1 and Type 2 diabetes			
Monitoring and treatment of different blood sugar levels			
Epilepsy			
Common causes/triggers of epilepsy			
Common symptoms of seizures affecting different parts of the body			
Treatment			
Sudden Cardiac Arrest (SCA)			
Causes of SCA			
Symptoms of SCA			
Treatment for SCA			
Other Medical conditions			
Causes of hypothermia			
Symptoms of hypothermia			
Treatment for hypothermia			
Causes of heat exhaustion			
Symptoms of heat exhaustion			
Treatment for heat exhaustion			
Causes of dehydration			
Symptoms of dehydration			
Treatment for dehydration			