

Open Awards Qualification Unit



Form OAQU

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1 Unit Details

Unit Title:	Injuries in Sport
QAC Code:	F/506/3568
Level:	Level 2
Credit Value:	3
Minimum GLH:	30

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the risks of injury associated with participation in sport.	1.1 Explain the importance of rules and regulations in reducing risks of injury in sport.
	1.2 Describe risk factors involved when participating in own sport.
	1.3 Describe how identified risks can be minimised.
	1.4 Explain the use of personal protective equipment in sport.
2. Know the common injuries associated with own sport.	2.1 Describe a range of common injuries that may occur when participating in own sport.
	2.2 Identify the different categories of sporting injury.
	2.3 Describe signs/symptoms of injuries.
	2.4 Explain probable causes of common injuries in own sport.
3. Know how to deal with different types of sporting injuries	3.1 Describe a range of treatments for common sporting injuries in own sport
	3.2 Identify key personnel involved in the treatment of sporting injuries.
	3.3 Identify timelines for potential recovery.

3.4 Describe the use of support aids for injuries during training.