

## Access to Higher Education Unit

This unit forms part of an Access to HE Diploma. If delivering the graded version of this unit, please refer to the Provider Handbook for details on grading descriptors and the application of these across units within your programme.

**Unit Title:** Sports Injuries and Rehabilitation

**Graded Unit Reference Number:** GA33SPO20

**Ungraded Unit Reference Number:** UA33SPO20

**Module:** Sports and Exercise

**Level:** 3

**Credit Value:** 3

**Minimum Guided Learning Hours:** 30

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know common sports injuries and their effects	1.1 Explain what chronic and acute sports injuries are in relation to sports injuries
	1.2 Identify common causes of chronic sports injuries, i.e. <ul style="list-style-type: none"> <li>• Overuse</li> <li>• Overtraining</li> <li>• Poor technique</li> <li>• Inappropriate kit/equipment</li> </ul>
	1.3 Identify common causes of acute sports injuries, i.e. <ul style="list-style-type: none"> <li>• Collision</li> <li>• Fall</li> <li>• overestimating ability</li> </ul>
	1.4 Explain the signs and symptoms of common chronic sports injuries, i.e. <ul style="list-style-type: none"> <li>• tennis elbow</li> <li>• golfer's elbow</li> <li>• shin splints</li> <li>• swimmers' shoulder</li> </ul>

	<p>1.5 Explain the signs and symptoms of common acute sports injuries, i.e.</p> <ul style="list-style-type: none"> <li>• sprains and strains</li> <li>• broken bones</li> <li>• dislocation</li> <li>• torn ligament</li> </ul>
	<p>1.6 Examine the psychological effects of suffering a sports injury, i.e.</p> <ul style="list-style-type: none"> <li>• anger (e.g. if caused by another performer or poor coaching)</li> <li>• anxiety (e.g. worried about how long injury will be, whether full recovery possible)</li> <li>• depression (e.g. because inactive, unable to carry on as normal)</li> <li>• isolation (e.g. because not able to train, be with teammates, go to events)</li> <li>• frustration (e.g. during rehabilitation if progress/recovery is slow)</li> <li>• lack of confidence (e.g. not wanting to perform at full level when returning from injury, worried about injury recurring)</li> </ul>
<p>2. Be able to minimise the risk of sports injuries</p>	<p>2.1 Identify the possible extrinsic factors which can influence the risk of injury, i.e.</p> <ul style="list-style-type: none"> <li>• type of activity</li> <li>• coaching/supervision</li> <li>• environmental factors</li> <li>• equipment</li> <li>• safety hazards</li> </ul>

	<p>2.2 Identify the possible intrinsic factors which can influence the risk of injury, i.e.</p> <ul style="list-style-type: none"> <li>• physical preparation, i.e. <ul style="list-style-type: none"> <li>- training</li> <li>- warm-up</li> <li>- cool-down</li> <li>- fitness levels</li> <li>- overuse</li> <li>- muscle imbalances</li> </ul> </li> <li>• individual variables, i.e. <ul style="list-style-type: none"> <li>- gender</li> <li>- age</li> <li>- flexibility</li> <li>- nutrition</li> <li>- sleep</li> <li>- previous/recurring injuries</li> </ul> </li> <li>• psychological factors, i.e. <ul style="list-style-type: none"> <li>- motivation</li> <li>- aggression</li> <li>- arousal/anxiety levels</li> </ul> </li> </ul>
	<p>2.3 Identify the steps that that can be taken to minimise the risk of sports injuries, i.e.</p> <ul style="list-style-type: none"> <li>• risk assessment</li> <li>• use of correct equipment</li> <li>• wearing of correct kit</li> <li>• warm-up and cool-down activities, i.e. <ul style="list-style-type: none"> <li>- physical benefits</li> <li>- psychological benefits</li> </ul> </li> <li>key components <ul style="list-style-type: none"> <li>- specific needs (e.g. suitability for sport/physical activity being undertaken)</li> </ul> </li> <li>• appropriate coaching techniques</li> </ul>
	<p>2.4 Explain the safety measures which are intrinsic to sports, i.e.</p> <ul style="list-style-type: none"> <li>• rules</li> <li>• kit</li> <li>• equipment</li> <li>• technology</li> </ul>

<p>3. Be able to respond to acute sports injuries when they occur</p>	<p>3.1 Demonstrate appropriate courses of action immediately following an acute sports injury, i.e.</p> <ul style="list-style-type: none"> <li>• on-field assessment (e.g. SALTAPS, RICE)</li> <li>• giving first aid</li> <li>• getting help</li> <li>• protecting others</li> <li>• reassuring the injured person</li> </ul>
	<p>3.2 Create an Emergency Action Plan (EAP) fit for use in relation to sports injuries, i.e.</p> <ul style="list-style-type: none"> <li>• the importance of an EAP</li> <li>• key components of an EAP, i.e. <ul style="list-style-type: none"> <li>- emergency telephone numbers</li> <li>- directions to nearest hospital</li> <li>- access points to pitch/field/court</li> <li>- evacuation procedures</li> </ul> </li> <li>• key personnel and their roles and responsibilities (e.g. coaches, officials, volunteers, parents)</li> <li>• designated personnel and their roles and responsibilities (e.g. first aider, fire officer, health and safety officer)</li> </ul>
<p>4. Know the role of different agencies in the treatment and rehabilitation of sports injuries</p>	<p>4.1 Analyse the different agencies and professionals that could be involved in the treatment of sports injuries (e.g. doctor, physiotherapist, sports therapist, alternative therapist)</p>
	<p>4.2 Identify the way in which each of the identified agencies or professionals could support rehabilitation from sports injury, i.e</p> <ul style="list-style-type: none"> <li>• short-term injuries (e.g. concussion, abrasion)</li> <li>• medium-term injuries (e.g. hairline fracture, sprain)</li> <li>• long-term injuries (e.g. compound fracture, muscle tear)</li> <li>• ways of supporting rehabilitation (e.g. pain relief, massage, advice, rehabilitation exercises, etc.)</li> </ul>
	<p>4.3 Examine what circumstances an injured person might seek out external help (e.g. injury is very painful, is not healing as hoped, is restricting lifestyle, is affecting the sports person psychologically)</p>

<p>5. Be able to plan a rehabilitation programme for a specific sports injury</p>	<p>5.1 Examine the different types of treatment that can be used to support rehabilitation from sports injury, i.e.</p> <ul style="list-style-type: none"> <li>• RICE</li> <li>• hot/cold/contrast bathing</li> <li>• immobilization</li> <li>• anti-inflammatory drugs</li> <li>• exercise rehabilitation</li> </ul>
	<p>5.2 Identify the physiological response to each of the rehabilitation techniques identified</p>
	<p>5.3 Identify the indications for and against each identified treatment for a range of common sports injuries</p>
	<p>5.4 Analyse the different grades of muscle injury, i.e.</p> <ul style="list-style-type: none"> <li>• graded 0–4 based on MRI features</li> <li>• grades 1–4 include an additional suffix 'a', 'b' or 'c'</li> </ul>
	<p>5.5 Examine different phases of treatment, i.e.</p> <ul style="list-style-type: none"> <li>• acute</li> <li>• sub-acute</li> <li>• remodelling</li> <li>• concentric/eccentric strengthening</li> <li>• functional</li> <li>• return to participation, moving from one phase of treatment to the next</li> </ul>
	<p>5.6 Identify different exercises that can be used as part of a rehabilitation programme, i.e.</p> <ul style="list-style-type: none"> <li>• low grade exercises</li> <li>• intermediate grade exercises</li> <li>• late grade exercises</li> </ul>
	<p>5.7 Examine 'client-based' factors when planning a sports injury rehabilitation Programme, i.e.</p> <ul style="list-style-type: none"> <li>• firm diagnosis of injury</li> <li>• training aims</li> <li>• current ability level</li> <li>• timescales/available time</li> </ul>

	<p>5.8 Evaluate the needs of a client, i.e.</p> <ul style="list-style-type: none"> <li>• diagnosis of the client (e.g. by seeking medical evidence, talking with the client, talking with an external agency)</li> <li>• discussion and agreement of training aims with a client</li> <li>• baseline assessment to inform planning, including establishing a client's current ability level</li> <li>• discussion of exercise likes and dislikes with a client to ensure the programme meets their needs</li> <li>• consultation with external agencies as appropriate</li> </ul>
	<p>5.9 Plan a client's rehabilitation programme, i.e.</p> <ul style="list-style-type: none"> <li>• types and phases of treatment</li> <li>• related exercises</li> <li>• planning for move from one phase of treatment to another</li> <li>• using SMART, i.e. <ul style="list-style-type: none"> <li>- Specific (e.g. addresses client's needs)</li> <li>- Measurable (e.g. progress can be determined and monitored)</li> <li>- Achievable (e.g. takes account of 'client-based' factors)</li> <li>- Realistic (e.g. plan considers how and when progress can be expected)</li> <li>- Time-bound (e.g. has a defined timescale)</li> </ul> </li> </ul>
	<p>5.10 Analyse possible adaptations to programme if it does not work as planned</p>