

# KNOWLEDGE ORGANISER

Unit 1:  
Different Factors that  
influence the risk of injury.

**Extrinsic  
Factors**

**that cause  
injury.**

## 1. Coaching and Supervision

1. Poor coaching technique - giving wrong instruction.

**ZAP**

3. Follow rules and regulations - looking to injure another player

Ineffective communication - Not speaking loud enough



**Playing surface**  
Wet Floor or glass on floor



**Other players**  
Collision with another player



**Weather**  
Foggy so collision

## 2. Environmental Factors



More likely to have a twisting injury than a fracture through contact from a tackle.

## 3. The type of activity

Contact sports carry different risks than gymnastics

## 4. Safety Hazards

**Risk Assessments**  
Identifying hazards and who should be responsible to sort them

**Safety Checks**  
Checking equipment, playing surface

**Emergency Plans**  
Personnel - Equipment - Communication

**Protective equipment**



**Performance equipment**



**Appropriate equipment**

Clothing, Footwear and equipment that is suitable for surface, weather conditions and sport.

## 5. Equipment



# Intrinsic Factors

# that cause injury



Males **stronger** and **less** prone to injury

**Older** people generally weaker and more prone to injury

Increasing **flexibility** decreases risk of injury

Having enough **sleep** is important to maintain focus and prevent tiredness

Food and **drink** is important to prevent dehydration and fatigue

**Previous injuries** have more chance of being injured again eg pulling your hamstring

## 1. Physical preparation

**Training**  
Lifting weights that are too heavy

**Fitness Level**  
Low fitness levels can lead to injury

**Warm Up**  
Poor warm up leads to pulled muscles

**Overuse**  
Using the same muscle can lead to injury

**Cool down**

**Muscle Imbalance**  
One muscle stronger than the other

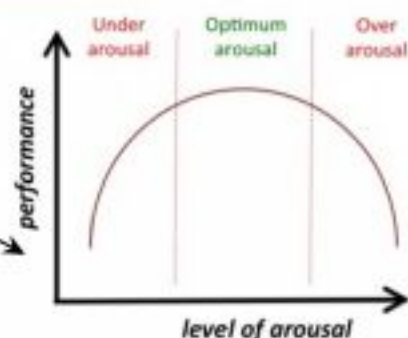
## 2. Individual Differences

**GENDER**      **AGE**  
**FLEXIBILITY**  
**NUTRITION**  
**SLEEP**      **PREVIOUS INJURIES**

## 3. Psychological Factors

Motivation  
Aggression  
Arousal Levels

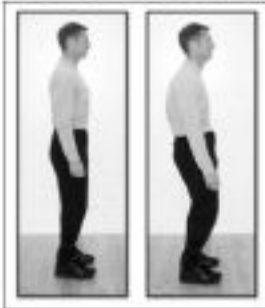
Psychological factor "get you in the zone", heightens arousal and makes you more focused. This leads to improving concentration so correct decisions can be made as well as stopping players making rash/poor decisions. Over arousal can lead a player to throw themselves into a tackle and injure themselves.





## Posture and causes of poor posture

# POOR STANCE



Hunched shoulders or bending legs when standing,

# SITTING POSITIONS

Slouching instead of sitting with straight back



# PHYSICAL DEFECT

Weak muscle around the injured area



## Lack Of Exercise

Lack of core muscle strength through lack of exercise means lack of support. Being overweight also puts strain on the posture



Fatigue or tired muscles will be unable to support the skeleton properly.

# EMOTIONAL FACTORS



Having low **self esteem** or low **confidence** can also affect a person posture, by causing them to look down

# CLOTHING & FOOTWEAR



Wearing high heels can cause a change in body posture



## 1. Pelvic Tilt



When 1 side of the pelvis is higher than the other. leads to imbalance in posture.

## 2. Lordosis



Excessive curvature of the lower back or lumbar, so the stomach sticks out.

Often seen in pregnant women or men with large bellies.

Leads to weak core muscles.

## Sports injuries related to poor posture.

This is where the spine sticks out in the thoracic area at the top,

Caused by poor posture or weakening of core muscles or diseases such as osteoporosis

Leads to weak bones and an imbalance in the muscle



## 3. Kyphosis

## Round Shoulders

Forward curve of the neck

Hunching the shoulders forward.

This can lead to neck pain and reduced flexibility leading to a decrease in performance.



Normal Round

## 4. Round shoulders



S shape curve in the spine.

May be a birth defect or condition such as cerebral palsy.

## 5. Scoliosis

This leads to muscle imbalance and possibly strains and sprains