

Sports Injuries Symptoms & Causes Worksheet

Activity: Get into groups and research the symptoms, signs and causes of the injuries and record your ideas in the blank boxes. Use the library or internet. Some suggested websites include www.elastoplastsport.com and www.sma.org.au.

Injury	Symptoms & Signs	Possible Causes
Soft Tissue Injury (Bumps, sprains, strains)		
Bruises		
Cuts		
Blisters		
Cramps & Stitches		
Winded Player		
Broken Bones		
Nose Bleeds	Nose is bleeding	Being struck on the nose or head
Head Injury		
Eye Injury		
Broken Nose		
Broken Jaw		
Teeth Injuries		

Injury Prevention

Sports injuries can be prevented by looking at the following three categories:

- 1) The environment of a particular sport
- 2) Fitness levels
- 3) Protective wear.



Activity:

From the box below, select the words that best fit the spaces provided in the three categories listed below:

Rehabilitation	Braces	Facilities	Helmets
Fluid	Surfaces	Guards	Eyewear
Technique & Training	Tapes	Stretch	Equipment
Mouthguards	Weather		

1) Elements of Sports Environment

A safe environment will reduce the number of potential injuries.

The sports environment includes:

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Poor, wet or slippery surfaces, lack of goalpost padding or safety netting, obstacles to trip on and sharp objects, can all lead to injury.

Rules of the game need to be enforced and sometimes modified for children.

2) Elements of Fitness

The four main elements of fitness are:

1. _____

2. _____

3. _____

4. _____

3) Types of Protective Wear

Wear the right protective equipment for the sport you are playing. The six main types of protective equipment include:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Mouth Injuries

Mouthguards act like a crash helmet for the mouth and teeth. What injuries can the mouthguard protect against?

1. _____

2. _____

3. _____

