

**-SQA-SCOTTISH QUALIFICATIONS AUTHORITY**

**Hanover House  
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**NATIONAL CERTIFICATE MODULE DESCRIPTOR**

**-Module Number- 0090012 -Session-1989-90**  
**-Superclass- MA**  
**-Title- INTRODUCTION TO THE PREVENTION OF PERSONAL INJURY IN SPORT**

**-DESCRIPTION-**

Purpose

This module is designed to develop the student's awareness of possible injuries that can occur in sport, how these can be prevented, principles of rehabilitation and services available to the injured person.

The module can be offered in conjunction with any of the other Physical Education modules and will be of significant value to those students following an integrated Physical Education and Recreation programme.

It should be noted that this module does not qualify students to practice treatment techniques on others.

Preferred Entry Level

96003: First Aid Measures or  
St Andrews Ambulance Association Red Cross First Aid Certificate

Learning Outcomes

The student should:

1. recognise preventative strategies within coaching programmes for the avoidance of injury;
2. explain the origin of the most common sports injuries;
3. devise a rehabilitation training programme for a post acute injury;
4. initiate referral procedures within the local area.

Content/  
ContextCorresponding to Learning Outcomes 1-4:

1. Mechanisms of injury, reasons for accidents, rules for safety and accident prevention.
2. Types of injury: primary consequential: as a direct result of doing sport (Intrinsic and Extrinsic)  
secondary injury: as a sequel to any primary injury.  
  
Non-consequential: not caused by sport but interferes in its practice.  
  
Tissue damage, skin, muscles, tendons, ligaments, bursae, compression syndrome, joints, locking, swelling, stiffness, sprains, fracture to bones, bruising, cuts, strains, ruptures, etc.  
  
Factors which can influence injury: physical fitness, psychological fitness, physique, technique, environment, age, sex, smoking, drinking, drugs, illness, diabetes, asthma.
3. Principles of rehabilitation: general fitness maintained, functional recovery predates anatomical recovery, rehabilitation is not complete until full training/competition is resumed, restoration of individuals confidence, getting fit is a full-time job, getting fit requires a team effort, doctor surgeon, coach, trainer, team mates, physiotherapists, family, friends, effects of illness etc.
4. Services: physiotherapy departments; accident and emergency departments, sports injury clinics, doctors, first aid personnel, osteopaths, etc.  
  
Dangers from going to non-qualified personnel: treatment not based on medicine, limited experience, no insurance.

Suggested  
Learning and  
Teaching  
ApproachesRelating to Learning Outcomes 1-4:

Use of videos and lectures on the dangers of sport.

Students should be encouraged to keep a file of injuries sustained by themselves and of their class groups. They should also be encouraged to keep a file of reports of injuries in the press ie. newspapers, magazines and journals.

A visit or visits should be arranged where feasible to sports' injury clinics and/or physiotherapy units. Lectures by qualified personnel would also be useful.

While this module does not concern itself directly with illnesses and infections, clearly these have an important bearing on a sports person's ability to perform and may on occasion lead to injury. The tutor should, therefore, encourage awareness of the implications of illness.

Assessment  
Procedures

Acceptable performance in the module will be satisfactory achievement of all the performance criteria specified for each learning outcome.

The following abbreviations are used below:

LO Learning Outcome  
IA Instrument of Assessment  
PC Performance Criteria

LO1

RECOGNISE PREVENTATIVE STRATEGIES WITHIN COACHING PROGRAMMES FOR THE AVOIDANCE OF INJURY

PC The student:

- (a) gives examples of where dangerous equipment can lead to injury;
- (b) observes rules which are designed to prevent injury and explains their influence;
- (c) respects opponents, referees and officials;
- (d) explains the importance of fitness levels.

IA Practical Exercise and Restricted Response

The student will be set Practical Exercises and Restricted Response questions to test his/her awareness of why sports injuries occur.

Assessment will be constructed as follows:

PC(a) 1 Restricted Response question  
PC(b) 3 Practical Exercises  
PC(c) 3 Practical Exercises  
PC(d) 1 Restricted Response question

Satisfactory performance will be that the student (a) gives 3 correct examples, (b) observes appropriate rules on 3 different occasions and explains their influence, (c) shows respect on 3 different occasions and (d), correctly explains 3 reasons for the importance of fitness.

LO2

**EXPLAIN THE ORIGIN OF THE MOST COMMON SPORTS INJURIES**

PC The student:

- (a) matches common injuries occurring in sport to different parts of the body;
- (b) categorises the injuries within the following groups: intrinsic, extrinsic, non consequential, secondary injury;
- (c) describes possible causes for the injuries and factors which may have influenced them.

IA Assignment

The student will be required to match common injuries occurring in sport to different parts of the body, categorise these within the 4 stated groups and describe possible causes and factors which may have influenced them.

The tutor will present the student with 12 examples of common sports injuries. The student will be required to extract another 6 examples from publications or peer group.

Satisfactory performance will be that the student completes each performance criterion correctly for 14 out of the 18 injuries considered.

LO3

**DEVISE A REHABILITATION TRAINING PROGRAMME FOR A POST ACUTE INJURY**

PC The student:

- (a) gives a rationale for the programme;
- (b) describes steps which bring competitors back to full competitive fitness.

IA Case Studies

The student will be presented with 2 Case Studies which exemplify different common sports injuries and will be required to provide a rationale for a rehabilitation programme and describe how competitors can be brought back to full competitive fitness.

Satisfactory performance will be that the student in each case, provides a logical rationale and accurately describes 4 main factors which would contribute to the rehabilitation of the injured person.

LO4

## INITIATE REFERRAL PROCEDURES WITHIN THE LOCAL AREA

PC The student:

- (a) lists local provision;
- (b) lists national provision;
- (c) identifies other agencies related to sports medicine;
- (d) explains the importance of obtaining assistance from personnel with appropriate qualifications.
- (e) organises the information in order to initiate referral procedures for the local area.

IA Assignment

The student will investigate local and national provision, sports' injury clinics, physiotherapists and any other agencies related to sports medicine and will be required to organise the information in order to initiate referral procedures for the local area.

Satisfactory performance will be based on the accurate completion of performance criteria (a), (b) and (c), the student correctly explaining 2 important reasons as to why assistance should be sought from personnel with appropriate qualifications and (e) the appropriate organisation of information for use in referral procedures for the local area.

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