

Sports Medicine Week 4, Term 4 2015

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| <ul style="list-style-type: none">• sports policy and the sports environment<ul style="list-style-type: none">– rules of sports and activities– modified rules for children– matching of opponents, eg growth and development, skill level– use of protective equipment– safe grounds, equipment and facilities• environmental considerations<ul style="list-style-type: none">– temperature regulation (convection, radiation, conduction, evaporation)– climatic conditions (temperature, humidity, wind, rain, altitude, pollution)– guidelines for fluid intake– acclimatisation | <ul style="list-style-type: none">• critically analyse sports policies, rules and equipment to determine the degree to which they promote safe participation, eg heat rules, rugby union scrum rules |
| <ul style="list-style-type: none">• taping and bandaging<ul style="list-style-type: none">– preventative taping– taping for isolation of injury– bandaging for immediate treatment of injury. | <ul style="list-style-type: none">• evaluate strategies an athlete could employ to support the body's temperature regulation mechanisms• analyse the impact of climatic conditions on safe sports participation• demonstrate taping and bandaging techniques, including taping the ankle, wrist and thumb• evaluate the role taping plays in both the prevention and treatment of injury. |

Homework

The following HSC questions are to be handed in on Monday 2nd November. Use your class notes and text book to answer.

- 2010 HSC Sports Med Q29 part (b).
- 2011 HSC Sports Med Q29 part (b).
- 2013 HSC Sports Med Q31 part (b).
- 2013 HSC Sports Med Q31 part (a).

Your own summary notes from the Outcomes text cover the following pages:

p425-p429 - sports policy and the sports environment

p429 – p435 - environmental considerations

p435- p437 - taping and bandaging

Sports Medicine Week 5, Term 4 2015

How is injury rehabilitation managed?

Students learn about:

- rehabilitation procedures
 - progressive mobilisation
 - graduated exercise (stretching, conditioning, total body fitness)
 - training
 - use of heat and cold

Students learn to:

- examine and justify rehabilitation procedures used for a range of specific injuries, eg hamstring tear, shoulder dislocation

- return to play
 - indicators of readiness for return to play (pain free, degree of mobility)
 - monitoring progress (pre-test and post-test)
 - psychological readiness
 - specific warm-up procedures
 - return to play policies and procedures
 - ethical considerations, eg pressure to participate, use of painkillers.

- research and evaluate skill and other physical tests that could be used to indicate readiness to return to play
- critically examine policies and procedures that regulate the timing of return to play, considering questions such as:
 - why aren't such policies applied to all sports?
 - who should have ultimate responsibility for deciding if an athlete returns to competition?
 - should athletes be allowed to use painkillers in order to compete when injured?

Homework

This week you need to focus on revising the material for the assessment task on Monday in week 6. Make sure you have made notes and summarised from the Outcomes text p396-p406.

The following HSC questions are to be handed in on Monday 16th November (Week 7). Use your class notes and text book to answer.

- 2014 HSC Paper 31 (b)
- 2013 HSC Paper 31 (a)

Your own summary notes from the Outcomes text cover the following pages:

P438-p440 - rehabilitation procedures
P440-p444 - return to play

Sports Medicine Week 6, Term 4 2015

CONGRATULATIONS!



Your first HSC Assessment Task done!

Homework

This week you need to make sure you have completed all your summary notes for Sports Med and have handed in the set HSC questions from Week 4 & Week 5 (There are 6 all up).

The following 3 past HSC questions have not been completed and I would recommend you hand them in before the end of term **at the latest**, if you have the time the best thing to do would be to hand them to me on Monday in Week 7.

- 2010 HSC Paper Q29 (a)(i) (easy 3 mark outline question)
- 2012 HSC Paper Q31 (a)
- 2012 HSC Paper Q31 (b)