



Question 25 - Sports Medicine

(a) The difference between indirect and direct sport injuries is that direct injury is being hit on the ~~face~~ ^{colliding in basketball} impact for example walking into a tree, and Indirect injury is being hurt by a fracture or dislocation caused from a scrum in a football game e.g fracture to a finger and a dislocation in a shoulder.

(b) The role of that physical preparation plays in sports injury is wearing the right clothing for the event and also using the right safety equipment also another preparation to prevent sport injury is Bandaging and taping to prevent the athlete from getting injured. For example for a football game the ~~right~~ correct shoes should be worn also safety equipment such as headgear, shoulder pads and mouth guards to prevent injury. The player's ankle should be taped correctly to ensure that the player will not hurt his/her ankle if has in a previous game, taping of the ~~ankle~~ knee to prevent it from sliding and also maybe the finger. Coaches should also make sure that players are wearing the correct gear and →



are bandaged and taped properly before they play. Coach should also ensure players of guidelines that should be taken to prevent injury.

- (c) Policies and Procedures that should be taken into when an athlete returns to play after injury is they should be kept up to date with results of the injury they should also ensure that they are been checked by the sport doctor from time to time basis after they return. The athlete should take care when they go back to play as they should use safety equipment for example they landed awkwardly on their ankle and it's fractured then they should start bandaging the ankle so that it's supported. They should also always be checked by the coach it is also the coach's duty to make sure that all his players are okay. They should also be taken through careful procedures step by step on everything that happened. They should ensure that they stretch and warm up before to prevent from getting injured and warm down after the event so not all muscles are tightened. It is very important that the coach makes sure



that the players stretch, warm up, conditioning, evaluate and then warm down. The player should also know to be informed of medical things.