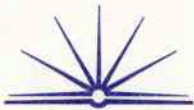


## QUESTION 25% SPORTS MEDICINE

(a) There is a big difference between direct and indirect sports injuries. Although they both sound similar, their meanings are both opposite from one another.

Direct injury is meant when somebody else is also involved. While you are injured, so is someone else who is also suffering and feeling pain.

Indirect injury is meant when only yourself is injured through the act of sport. An example of this is when you tear a ligament, break a bone or damage something in your body.



(b) Physical preparation plays a very important role in the prevention of sports injury. Before you play a sport, you should exercise and flex the limbs you will be using most throughout the sport because this helps you improve your strength, increase your flexibility and decrease the risk of hurting yourself while you play.

(c) If an athlete returns to play after injury, this can lead to serious consequences because of the injury. Without using painkillers the injury may be affected even more worse than before. When the athlete is taken off after injury, they ~~try~~ try to fix the athlete up and see whether the athlete can be able to move the injured limb. If the injury is serious and the athlete believes that they can still perform and ends





up doing so, this could be a big blow for the athlete as the injury might worsen. It is the doctors right to see if the athlete is able to play using painkillers or not. The coach isn't allowed to have a say in it.

If the athlete ends up ~~injury~~ injuring themselves again, this could be serious as it might put the athlete out of training for longer than expected.