



25
(a)

The difference between an indirect and a direct injury is that an indirect injury occurs when the athlete falls for example, and sprains their ankle. A direct injury is an injury that occurs when another person causes it. For example, a blocked thigh.

b) Physical preparation plays a major part in the prevention of sports injury in any sport. It is important that an athlete trained or untrained warms up before and cools down after an event. This also applies to people who are not athletes but who may have ~~start~~ started an exercise program for a specific reason and for people who just want to get fit. ~~It~~
It is important that all muscles are stretched before hand. This allows

the blood to flow easier and warms up the muscles before vigorous training begins. Warm up is also essential because it gets your heart rate going. These are important aspects to prevent sports injury.

Cool downs are just as important as warm ups as they help the body to lower back to its resting rate. If cool downs are not done, muscles and bones will be left feeling sore and tired, often resulting in cramps and ~~mus~~ sore muscle contractions. It is also important that your heart rate returns back to normal. This also should be done through cool downs and not by just ceasing doing the activity that you were doing.

(c) It is important that an athlete is



fully recovered from their injury before they can come back to continue playing their sport. There are only two people who can determine this. The athlete's coach, but most importantly, the athlete's doctor.

Many things have to be assessed before the athlete returns, and the major factor is if the athlete can use that same bone/muscle like it was never broken/torn. If they can and both doctors and coach are convinced, then the athlete can return to play. While the athlete is out of contention it is important that he/she continues a light training program in order to keep other muscles working and so that skills are not lost. For example if an athlete injures his/her arm, he/she can still manoeuvre and use leg muscles, so while he/she cannot use her arms,



he/she can still do a lower body workout to keep blood flowing and muscles working.

If a small injury occurs while playing a sport it is important that RICE is put into effect. RICE is how injuries are managed. R - rest - as soon as injury has occurred, athlete should stop playing.

I - ice - if ice is necessary it should be used ASAP to stop swelling. If ice is not available anything with a cold compressor will do.

C - compression - it is important that injured part of the body is immobilised to cease further injury. E - elevation - athlete must stop using injured part and make a

full recovery before returning to play. And Refer & record - it is essential for all injuries to be recorded for future references if injuries are to occur again.