

<b>Name:</b>	<b>Given out:</b>	<b>Due in:</b>
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**Millthorpe School: PE Department  
BTEC First Sport: Level 2 Certificate  
Unit 2: Health, Safety and Injury in Sport**

**Assessment Activity 5 – Coaches’  
Manual**



Your BTEC group are being asked to do more and more coaching and activity leadership with the younger pupils, which everyone enjoys.

You are finding though that there always seems to be someone who gets injured, has an injury or is not feeling well!

Your teacher/lecturer suggests that the group produce a Coaches’ Manual that contains, amongst other things, an easy reference document that covers information on the type of injuries and illnesses that the group may come across on their coaching exploits!

This job falls on you, but to make things easier you are given a form to complete that will be inserted in the relevant section (see next page).

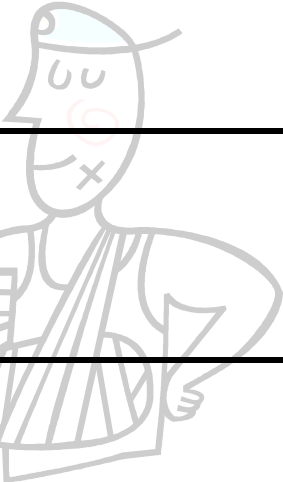
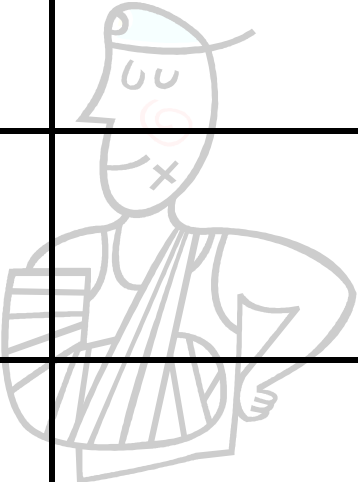
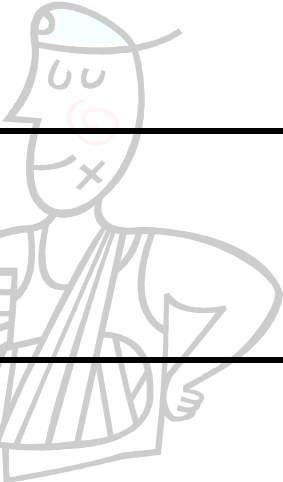
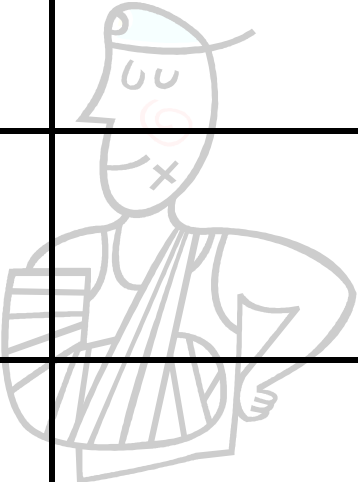
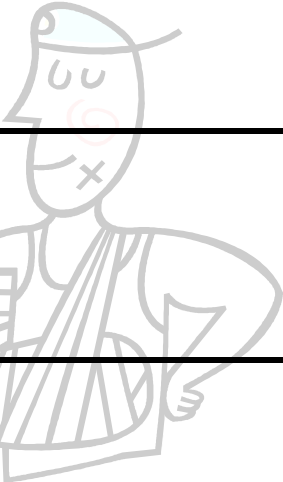
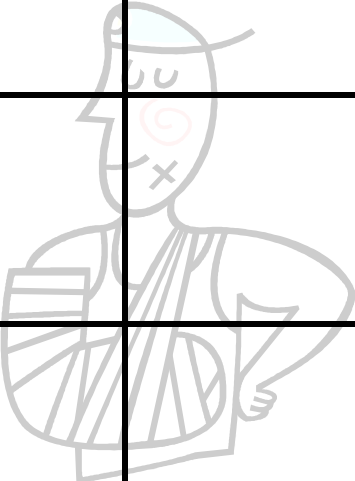
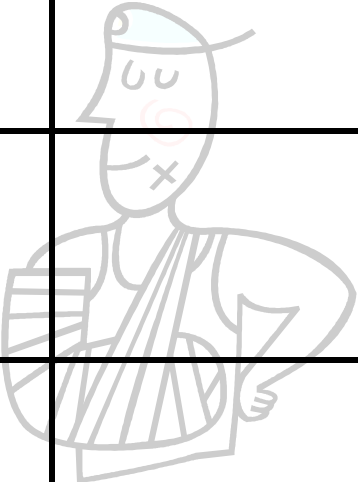
On the form you have to fill in the sections that **describe four different types of injuries associated with sports participation and their underlying causes (P3)** and **describe types and signs of illnesses related to sports participation (P4)**

You now know how important health & safety is now in sport so make sure the information you put down is accurate!

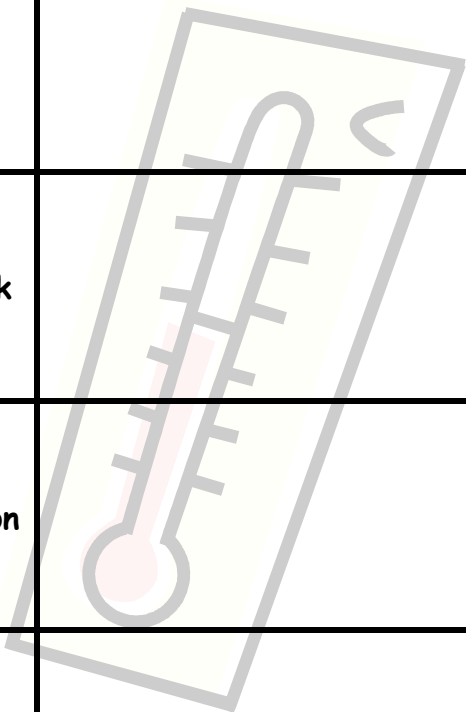
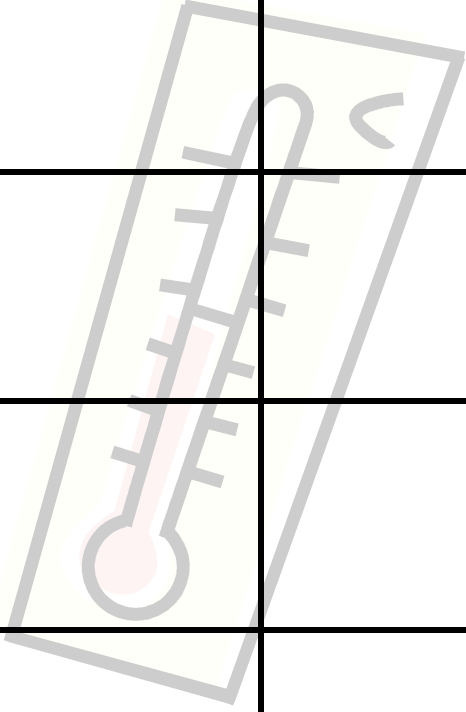
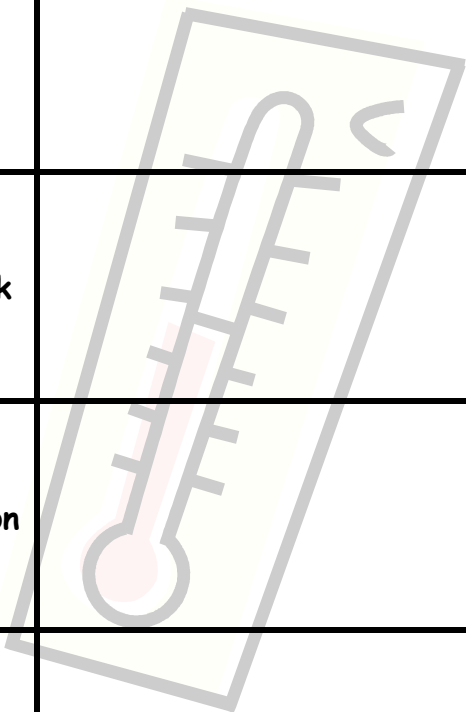
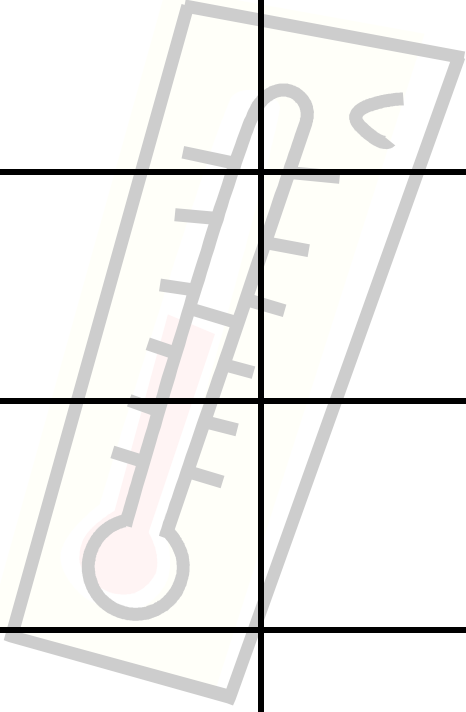
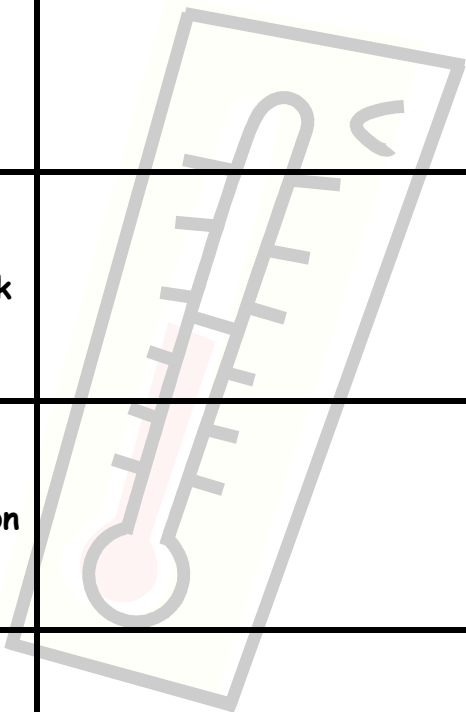
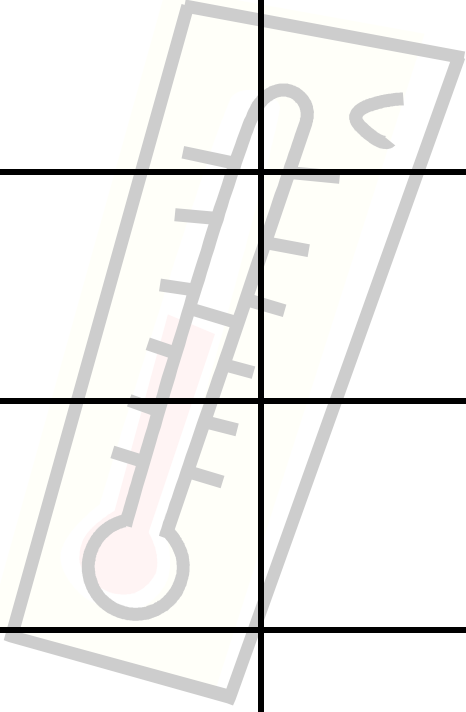


Name:

You can change the type of injury if you want, but you must cover 4 and use the examples covered in Activity 12

Type of injury	What does it look like? What has actually happened to the bone, skin, tendon, ligament etc.?	How will the causality feel?	What could have caused the injury to happen?
Over-use			
Fracture			
Sprain			
Concussion			

Same with illness.....you can describe either the ones below or put your own in (but check with your teacher/lecturer first

Type of illness	What are the signs - what does it look like?	What are the symptoms - how will the person feel?
Asthma		
Heart attack		
Viral infection		
Hypoglycaemia	