



Revision Series 2024

Cambridge National in Sport Science R180:
Reducing the risk of sports injuries and dealing with
common medical conditions

◆ Notes pages ◆



The EverLearner

How to use this revision session and notes

- Complete this document when doing the live or on-demand revision shows.
- The imagery contained in the notes is designed for you to be able to study the core subject knowledge prior to the live session.
- During the live session, James will guide you through how to use that knowledge in your exam.
- Focus on the skills that James is presenting as much as the content. In most cases, students have a knowledge of the topic but struggle to respond to the command in the question. This is a focus of our revision.
- Complete the notes pages as extensively as possible and, if necessary, return to the show to complete it more than once in order to make the fullest notes possible.
- Have the National Mock Exam to hand and, ideally, your completed, marked version of it.
- Have the **exam infographics** to hand. These will be referred to throughout the show.

My ticklist:

- Notes pages
- Exam infographics
- Exam paper
- Exam mark scheme
- Exam model answers

During the live show, we will cover...

Topic 1: Intrinsic factors - Individual variables.....	3
Topic 2: Intrinsic factors - Psychological factors.....	4
Topic 3: Physiological and psychological benefits of a warm-up.....	5
Topic 4: Acute injuries.....	7
Topic 5: Safety checks.....	10
Topic 6: Strategies to reduce the risk of injury.....	12
Topic 7: Recovery position.....	13
Topic 8: Psychological effects of dealing with injury and medical conditions.....	14
Topic 9: Diabetes: causes, symptoms, treatment and monitoring.....	15
Topic 10: Other medical conditions: hypothermia, heat exhaustion and dehydration.....	16

We will also cover a wide array of exam skills including command terms for shorter and longer questions as well as the extended writing requirements of the paper.

You may also find it useful to study our previous revision shows when different samples of content and skills have been developed.

Topic 1: Intrinsic factors - Individual variables

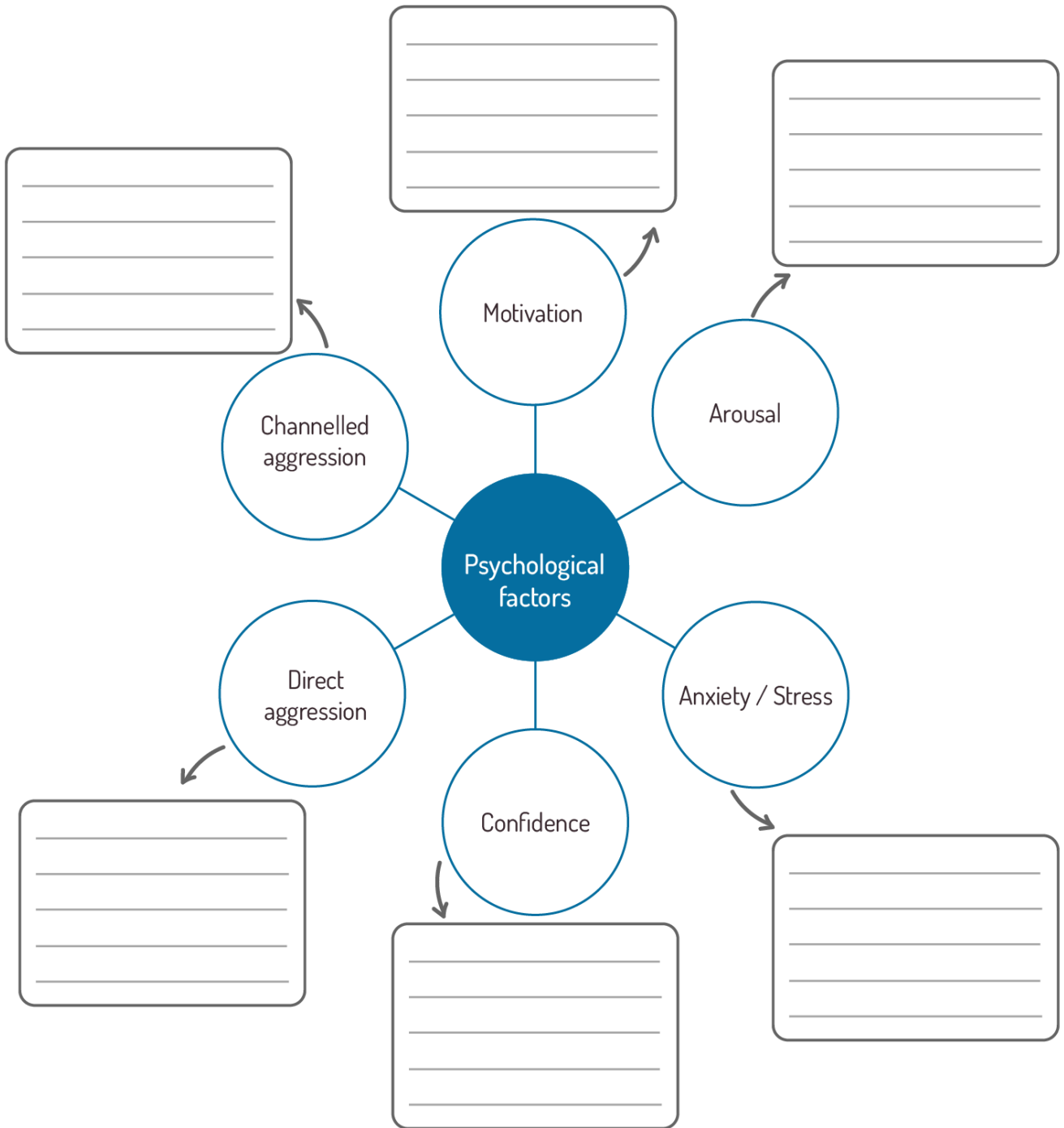


<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>



Want to know more? Watch the FREE tutorial "Intrinsic factors" on [TheEverLearner.com](https://www.theeverlearner.com)

Topic 2: Intrinsic factors - Psychological factors

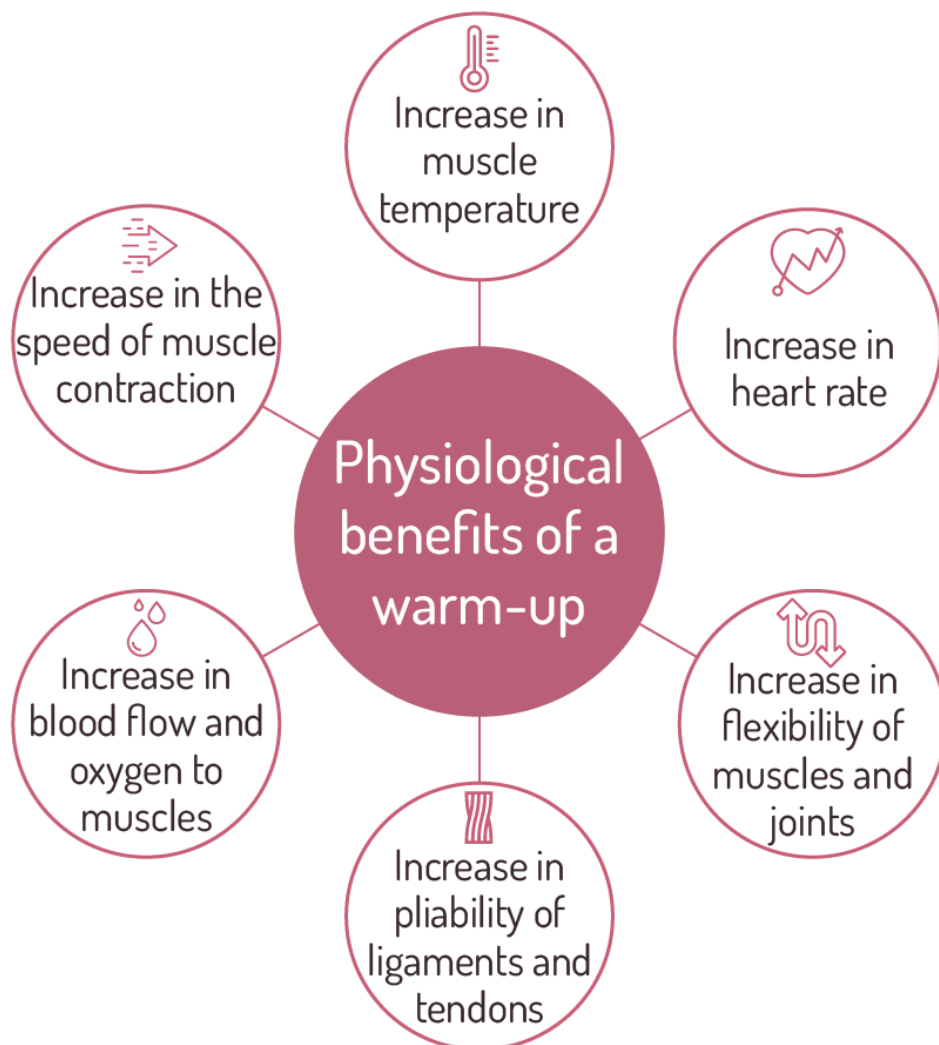


Want to know more?

Watch the FREE tutorial "Psychological factors" on [TheEverLearner.com](https://www.theeverlearner.com)

Topic 3: Physiological and psychological benefits of a warm-up

-  Pulse-raising
-  Mobility
-  Dynamic stretching
-  Skill rehearsal phase












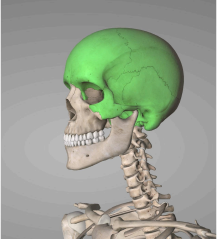
Want to know more?

Watch the FREE tutorials "Physiological benefits of a warm-up" and "Psychological benefits of a warm-up" on [TheEverLearner.com](https://www.theeverlearner.com).

Topic 4: Acute injuries

Look at the images and identify the type of injury, possible cause and its treatment:

	Type of injury	Possible cause	Treatment
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

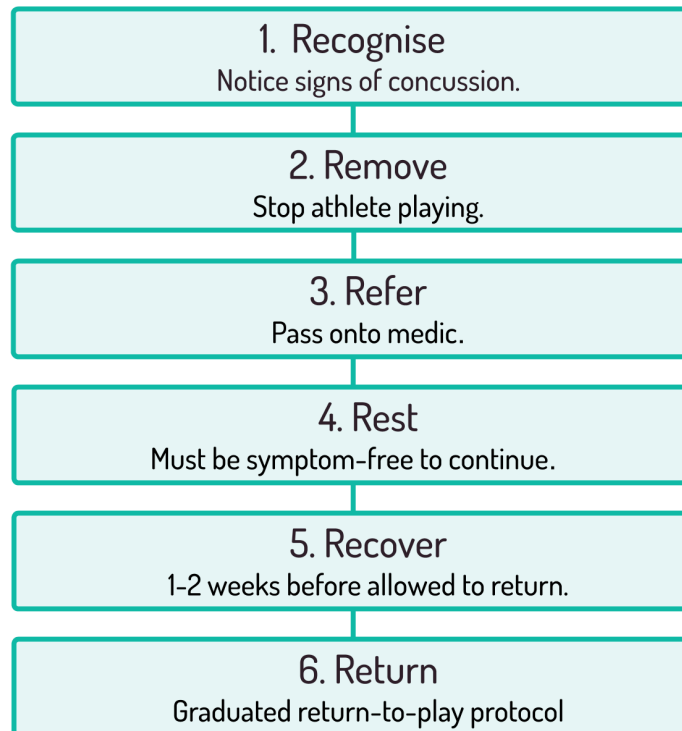
	Type of injury	Possible cause	Treatment
	 <hr/> <hr/> <hr/>	 <hr/> <hr/> <hr/> <hr/>	 <hr/> <hr/> <hr/> <hr/>
	 <hr/> <hr/> <hr/>	 <hr/> <hr/> <hr/> <hr/>	 <hr/> <hr/> <hr/> <hr/>

Common injuries in sport



- | | |
|-------------|-------------|
| Strain | Sprain |
| Skin damage | Fracture |
| Dislocation | Head injury |

6Rs for treating concussion



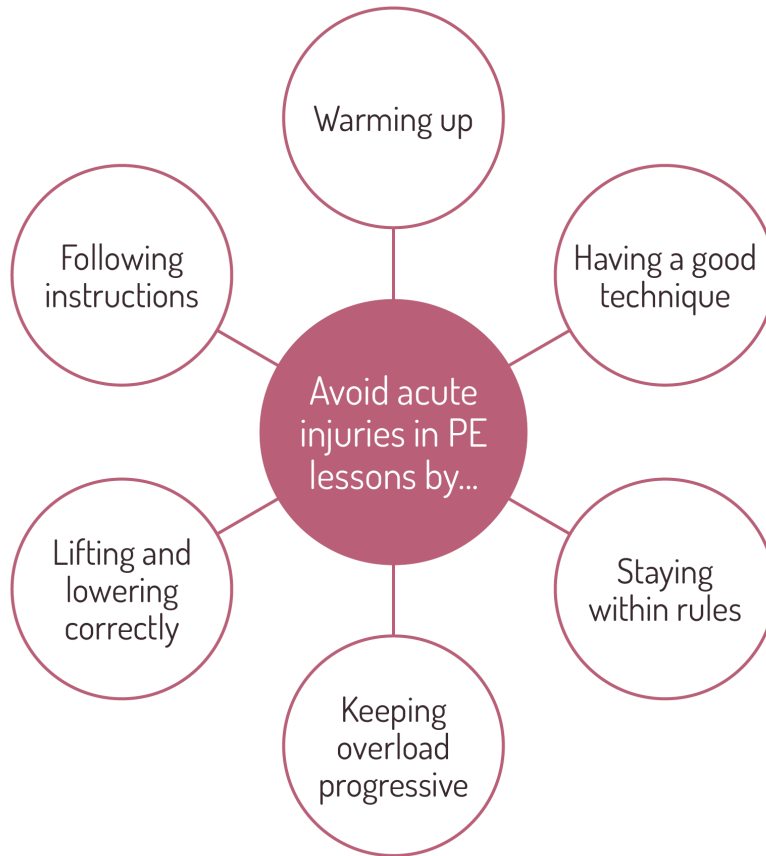


Want to know more?

Watch the tutorial "Acute injuries" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).

Topic 5: Safety checks

Sport setting	Possible risk and injury	Control measure to reduce risk of injury
Sports hall	Risk: Badminton - tripping over benches too close to the playing area	Check the playing area is clear of any trip hazards. Make sure that participants have suitable footwear.
	Possible injury: Sprained ankle, skin damage - cut to the knee	
Sports hall	Risk: _____ _____	_____ _____ _____
	Possible injury: _____ _____	
Astro	Risk: A poor tackle leading to a player being hit with a hockey stick	Check all players are aware of the correct technique when tackling Make sure that players are wearing protective equipment e.g. shin pads
	Possible injury: _____ _____	
Astro	Risk: _____ _____	_____ _____ _____
	Possible injury: _____ _____	
Field	Risk: _____ _____	_____ _____ _____
	Possible injury: _____ _____	
Field	Risk: _____ _____	_____ _____ _____
	Possible injury: _____ _____	



Want to know more?

Watch the tutorial "Safety checks and strategies to reduce risks" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).

Topic 6: Strategies to reduce the risk of injury

Strategies to reduce risks

Medicals

Examples: _____

Screening

Examples: _____

NGB policies

Examples: _____



Want to know more?

Watch the tutorial "Safety checks and strategies to reduce risks" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).

Topic 7: Recovery position





Want to know more?

Watch the tutorial "DRABC and the recovery position" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).

Topic 8: Psychological effects of dealing with injury and medical conditions

Strategy	Description	Effect on recovery/performance
Mental rehearsal/imagery	Practising a skill or movement in your mind, imagining a performance being successful	Increased confidence when performing a skill in training or competition, improved execution
Selective attention		
Using injury time for other processes		



Want to know more?

Watch the tutorial "Psychological effects of dealing with injury" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).

Topic 9: Diabetes: causes, symptoms, treatment and monitoring

Diabetes		
Type	Type 1	Type 2
Overview	<ul style="list-style-type: none">• Normally develops during childhood• Lifestyle has no impact on it	<ul style="list-style-type: none">• Normally develops later in life• Lifestyle: poor diet and sedentary lifestyle can cause it
Causes	<ul style="list-style-type: none">• Genetic disorder• Inefficient pancreas or non-functioning pancreas• Body does not produce insulin	<ul style="list-style-type: none">• Body doesn't produce enough insulin• Insulin does not work properly
Symptoms	<ul style="list-style-type: none">• Increased thirst• Urinating much more often including loss of bladder control• Extreme tiredness• Weight loss• Cuts do not heal well• Leads to dehydration	
Treatment	<ul style="list-style-type: none">• Insulin shots• Glucose if blood sugar drops very low• Lifestyle changes• Diet - Fewer carbs and sugars• Exercise	

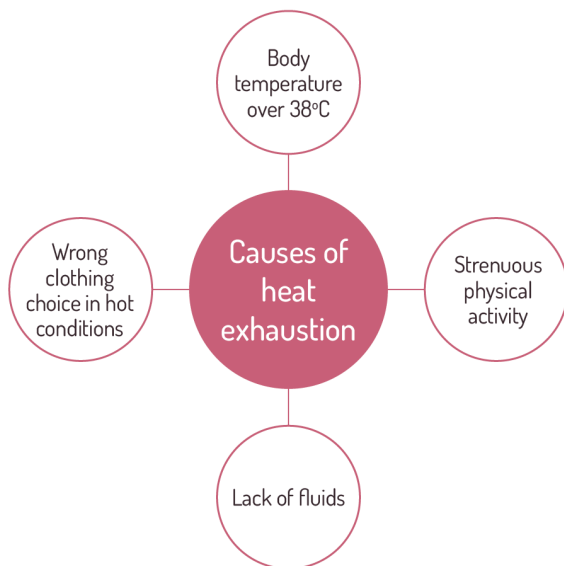
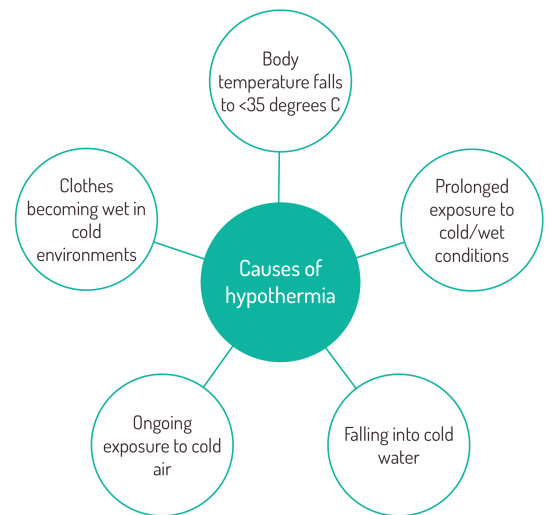


Want to know more?

Watch the tutorial "Diabetes and epilepsy" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).

Topic 10: Other medical conditions: hypothermia, heat exhaustion and dehydration

Hypothermia	
Symptoms	Treatment
<ul style="list-style-type: none"> • Shivering - attempt to increase movement and heat • Blue lips • Pale, cold dry skin • Slurred speech • Tiredness/confusion • Slow breathing 	<ul style="list-style-type: none"> • Remove wet clothing • Wrap in blankets • Cover head • Move them indoors • Warm, sugary drink • No alcohol! • Keep them awake • Stay with them



Heat exhaustion	
Symptoms	Treatment
<ul style="list-style-type: none"> • Excessive sweating • Pale, clammy skin • Headache • Dizziness • Extreme thirst • Feeling sick/vomiting • Rapid pulse • Rapid breathing • Cramps in legs, arms and stomach 	<ul style="list-style-type: none"> • Move to a cool place • Cool the skin/ice pack/ice towel • Lie down and raise the feet • Drink plenty of water • Stay with them • Should be cooler within 30 mins

Dehydration

Symptoms	Treatment
<ul style="list-style-type: none">• Thirst• Fatigue• Dark yellow pee/Strong smelling pee• Infrequent urination (<4 times a day)• Dry mouth/lips• Dizziness	<ul style="list-style-type: none">• Drink fluids• Rehydration sachets





Want to know more?

Watch the tutorial "Hypothermia, heat exhaustion and dehydration" on [TheEverLearner.com](https://www.theeverlearner.com) (subscribers only).