



Physical Education

Yr 9 Injury and Drugs Spring 1

	Keyword	Meaning
1	Concussion	a traumatic brain injury that affects its ability to function normally. Caused by a blow to the head. Usually picked up in heavy contact sports such as Rugby.
2	Fractures	is a break of the bone. If the bone breaks through the skin it is known as a Compound Fracture.
3	Dislocation	this is a separation of two bones usually at a joint where two bones meet. Caused by a sharp trauma to the area. to the muscle fibres.
4	Sprain	damage or a tear to a ligament or tendon. Caused by a joint being taken further than its normal range of movement in a fast or explosive way.

Prevention of Injury
<p>Correct application of the principles of training to avoid overuse injuries:</p> <ul style="list-style-type: none"> - Progressive overload - Specificity - FITT (Frequency, Intensity, Time, Type) <p>Correct application and adherence to the rules of an activity during play/participation e.g. not committing serious foul play- bad/ illegal tackles.</p> <p>Use of appropriate protective clothing and equipment- shin pads, mouth guards, gloves, goalkeeper pads, body armour.</p> <p>Checking of equipment and facilities before use- is equipment safe to use, are all the required pieces in place, safety features such as mats, cables are correctly attached, machinery works and checks on it are up to date.</p>

The most common form of injury treatment is R.I.C.E
<p>Rest- do not take part in physical activity or training, especially using the injured area.</p> <p>Ice- apply ice to the injured area, usually for 5-10 minutes with 15 minute intervals with no ice. Also helps to reduce the pain.</p> <p>Compression- apply pressure to the area. Usually achieved by tightly strapping ice to the injured body part.</p> <p>Elevation- raise the injured body part to slow down blood flow to the area in an attempt to reduce the amount of swelling.</p> <p>R.I.C.E usually helps with the treatment of sprains, strains, soft tissue injuries, and impact injuries.</p>

Performance Enhancing Drugs				
Anabolic Steroids	Beta Blockers	Diuretics	Narcotic Analgesics	EPO/ Growth Hormones/ Blood Doping
<ul style="list-style-type: none"> - Taken to increase muscle size and mass They mimic the male hormone of testosterone - They are prescription drugs, but in sport are usually taken without proper medical advice. People take them to get bigger and stronger quicker. Negative effects: increased chance of cancer, increased chance of heart problems, severe acne (usually on the back). 	<ul style="list-style-type: none"> - They decrease the activity of the heart by blocking adrenaline. - Helps people to remain calm and composed without hands, arms or legs shaking. These impacts of beta blockers would help athletes in sports such as shooting and archery. - Negative effects: headaches, dehydration, dizziness, fatigue, cold hands/ feet. 	<ul style="list-style-type: none"> - Medicine which is used to increase the amount of water and salt that is released from the body as urine. They target your kidneys to be able to do this. Useful for sports people who need to lose weight quickly to gain an advantage e.g. Jockey's. Could also help in sports like boxing where people have to lose weight to meet a specific target for competition. Negative effects: too much/ too little potassium in the blood, dehydration, heart problems, breathing difficulties, kidney disease. 	<ul style="list-style-type: none"> - Used to treat severe pain. - The control the amount of pain we actually feel. Could actually make an injury worse though by helping someone to play which could cause more damage. Negative effects: nausea, vomiting, drowsiness. 	<p>EPO- also known as Erythropoietin. It stimulates red blood cell production, which helps the athlete carry and transport more oxygen around the body. Useful in endurance based sports such as cycling.</p> <p>Growth Hormones- help to build bones and muscles, therefore making someone bigger and stronger. Produced naturally in the body, but can be taken to boost levels even more.</p> <p>Blood Doping- a way of artificially making sure the blood gets more oxygen to the working muscles. It does this by increasing the amount of haemoglobin in the body, which is responsible for carrying oxygen.</p>