

BTEC in a Box

BTEC First

Sport

Sample pages

This file includes selected sample pages from BTEC in a Box Unit 2: Health, Safety and Injury in Sport. They are for viewing purposes only and cannot be printed or copied.

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You'll find all the resources you need to start teaching your BTEC First in Travel and Tourism. The box contains complete support for Unit 2: Health, Safety and Injury in Sport, consisting of:

Delivery plan: a comprehensive medium-term plan for delivering the Unit.

Case study activities: vocationally relevant case studies, with suggested activities and discussion points that introduce or build on concepts within the unit. The delivery plan will link these into the unit.

2 full assessment packages: these will be full assessment plans for the Unit including material for both student and teacher.

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Unit 1 The Body in Sport
Unit 2 Health, Safety and Injury in Sport
Unit 3 The Sports Industry
Unit 4 Preparation for Sport
Unit 6 Practical Sport
Unit 7 Practical Outdoor and Adventurous Activities
Unit 13 Work-Based Project in Sport

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TOPIC **Unit introduction**

LEARNING OBJECTIVE

<i>Topic information</i>	<i>Delivery methods</i>	<i>Guidance</i>	<i>Box content</i>
<p>This session should investigate what knowledge learners have regarding health, safety and injury. Learners should lead discussions through knowledge-finding activities.</p> <p>This session is also an opportunity to introduce the learning outcomes, learner expectations and assessment methods for the unit.</p>	<p>Group work</p> <p>Individual work</p> <p>Group discussion</p>	<p>Learners should be asked to produce mind maps for each of the three key terms for this unit:</p> <ul style="list-style-type: none"> ▪ health ▪ safety ▪ injury. <p>Teachers should ensure that when the learners are completing mind maps they are thinking about the key terms in a sport setting.</p>	<p>Student guidance</p> <p>Teacher guidance</p>

delivery plan



TOPIC **Causes of injuries in sport**

LEARNING OBJECTIVE Know the different types of injuries and illness associated with sports participation

<i>Topic information</i>	<i>Delivery methods</i>	<i>Guidance</i>	<i>Box content</i>
These causes of injuries must be covered: loading; intrinsic and extrinsic factors; over-use; alignment and intensity; effects of levers; gravity; and resistance.	Short lecture Q and A Group tasks	The teacher should deliver the causes of different types of injuries to students, following up using questions and answers to check learners' knowledge. After the lecture and the Q and A, learners should be asked to complete the case study. After completion, review the outcome of the case study.	Case study 1: causes of injury

delivery plan



TOPIC **Types of injuries in sport**

LEARNING OBJECTIVE Know the different types of injuries and illness associated with sports participation

<i>Topic information</i>	<i>Delivery methods</i>	<i>Guidance</i>	<i>Box content</i>
These types of injuries must be covered: over-use injuries; dislocation; fractures (open and closed); strains; sprains; grazes; bruising; concussion; spinal injuries; and blisters.	PowerPoint discussion Group discussion Group task Review	Delivery of the various types of injuries should begin with teacher input. This could be a key description of each type of injury, with pictures as appropriate. The pictures could be used to open up a class discussion. Encourage students to identify the injury from descriptions provided. Introduce Assessment 1, Task 1, and discuss the requirements for P3 and M3 with the class. Learners should be asked to complete the task individually.	Assessment 1, Task 1

delivery plan



TOPIC **Types and signs of illnesses in sport**

LEARNING OBJECTIVE **Know the different types of injuries and illness associated with sports participation**

<i>Topic information</i>	<i>Delivery methods</i>	<i>Guidance</i>	<i>Box content</i>
<p>These types and signs of illnesses should be covered: asthma (wheezing and shortness of breath); heart attack (chest pain); viral infection (high temperature); and hypoglycaemia (confusion). There can also be coverage of any other illnesses that are associated with sport.</p>	<p>Teacher-led discussion Individual task Review</p>	<p>Material on illnesses and signs should be delivered at the start of the lesson with teacher input. Learners may then add to the discussion with their own knowledge of illnesses associated with sport.</p> <p>After this input, introduce Assessment 1, Task 2 and discuss the requirements for P4 and M3 with the class. Learners should complete this task individually and present their findings to the rest of the group.</p>	<p>Assessment 1, Task 2</p>



2: Hillsborough

The Hillsborough football stadium disaster in April 1989 claimed 96 lives and a further 170 people were left injured. These people had gone to watch the FA Cup semi-final between Liverpool and Nottingham Forest at the Hillsborough stadium in Sheffield.

The disaster came about because a gate was opened to allow more spectators into a centre section of the stadium. This section was already crowded, and as fans attempted to enter the already full section, people were crushed in the entrance tunnels, on the steps and against the perimeter fencing.

This was one of the worst disasters in British sporting history. The stadium staff, police and emergency services had to answer to a full government inquiry into the disaster, as it is the responsibility of these organisers to ensure that all visitors, staff and players are in a safe and secure environment. This was obviously not the case at Hillsborough on that particular day.

points for discussion

- Discuss the changes that have taken place since the Hillsborough disaster to ensure that such a tragedy never occurs again.

activities

- Identify the injury or risk factors.
- Describe the ways in which these risk factors could have been minimised and prevented.



3: Stadium visit preparation

In preparation for your visit to the stadium, you should prepare a worksheet that will allow you to collect as much information as possible during the trip to help you complete your assessment.

The aim of your trip is to find out information on:

- the rules that visitors to the stadium have to follow
- the rules that employees at the stadium have to follow
- the rules that the players have to follow.

Some of this information may be displayed on the outside of the ground, so look for it as you walk into the stadium. You may see other rules as you walk around the ground on your tour, but you may have to ask your guide for advice and information on some of the rules.

You should aim to gather information on as many rules as possible. To help you complete this task, you may find it useful to visit the website of any professional sports team that is based at the stadium. Have a look and see if you can find any rules on this website.

activities

- Produce a worksheet that you can use during your visit to get as much information as possible about the rules for visitors, employees and players at the sports stadium.
- Make a list of questions that you think may help you receive additional information from your tour guide.
- Make a list of any rules that you already know are in place at the sports stadium.

assessment activity front sheet



ASSIGNMENT TITLE **Sports injuries**

Learner's name		Assessor's name	
Date issued	Completion date		Submitted on

<i>Reference (ref number for spec criteria)</i>	<i>Assessment Criteria</i>	<i>Achieved</i>	<i>Evidence</i>	<i>Comments/feedback from assessor</i>
P3	describe four different types of injuries associated with sports participation and their underlying cause	Yes/No		
P4	describe types and signs of illnesses related to sports participation	Yes/No		
P5	deal with casualties suffering from three different injuries and/or illnesses, with teacher support	Yes/No		
M3	explain why certain injuries and illnesses are associated with sports participation	Yes/No		

assessment activity front sheet



M4 deal with casualties suffering from three different injuries and/or illnesses Yes/No

D2 analyse the use of specialist equipment to minimise the risk of injury Yes/No

Student declaration

I declare that all the work submitted for this assignment is my own work or, in the case of group work, the work of myself and the other members of the group in which I worked, and that no part of it has been copied from any source.

I understand that if any part of the work submitted for this assignment is found to be plagiarised, none of the work submitted will be allowed to count towards the assessment of the assignment.

Signed:

Date:



ASSIGNMENT TITLE	Injuries in sport
ASSIGNMENT OBJECTIVES	<p>By the end of this assignment, learners should:</p> <ul style="list-style-type: none"> ▪ know the different types of injuries and illness associated with sports participation ▪ be able to deal with injuries and illnesses associated with sports participation.
TASK INTRODUCTION	<p>You have been approached by a manager from a local sports club. The manager would like you to deliver some basic education on sports injuries to all the coaches at the club.</p> <p>The club has asked you to produce a basic leaflet for its coaches so that they have some guidance on the different types of injuries and illnesses associated with sport and their underlying causes.</p> <p>At a sports injuries session at the club, you have been asked to demonstrate how to deal with casualties suffering from a variety of injuries or illnesses.</p>
TASK 1	<p>Produce an easy-to-follow leaflet for the coaches at the sports club that describes four different types of sports injuries and their underlying causes</p> <p>In the first section of your leaflet, you must include:</p> <ul style="list-style-type: none"> ▪ a description of four injuries associated with sport participation ▪ a description of the underlying causes of the four selected injuries.
	<p>Merit</p> <p>If you want to achieve a merit in this task, you must also explain why certain injuries are associated with playing particular sports.</p>
TASK 2	<p>In the second section of the leaflet, you have been asked to describe the signs and symptoms of illnesses related to playing sport.</p> <p>In this second section, you must include:</p> <ul style="list-style-type: none"> ▪ a description of the different types of illness related to playing sports ▪ a description of the different signs of illnesses related to sports participation.
	<p>Merit</p> <p>If you want to achieve a merit in this task, you must also explain why certain illnesses are associated with playing particular sports.</p>
TASK 3	<p>In preparation for the sports injuries session, your tutor has asked you to undertake a rehearsal. Your assessor wants to check your knowledge and ability to deal with casualties suffering from three different injuries or illnesses. Note, however, you will not be expected to undertake your treatments on sports participants that are suffering from actual injuries or illnesses.</p>
	<p>Your assessor will assess you on these points:</p>



-
- the procedures and treatments you suggest for each of the three injuries
 - whether you required teacher support when dealing with the casualties suffering from three different injuries and/or illnesses.

You will be expected to be able to deal with minor and major illnesses and injuries in a sporting scenario. You may also have to show that you can deal with different clients with a range of needs.

- TASK 4** If you would like to achieve a distinction, as well as completing Task 3 you must produce a written report that analyses the use of specialist equipment to minimise the risk of injury.
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ASSIGNMENT TITLE	Injuries in sport
ASSIGNMENT OBJECTIVES	<p>In this assignment, learners should demonstrate that they:</p> <ul style="list-style-type: none"> ▪ know the different types of injuries and illness associated with sports participation ▪ are able to deal with injuries and illnesses associated with sports participation.
WHAT YOUR STUDENTS WILL DO IN THIS ASSIGNMENT	<p>Task 1</p> <p>Produce an easy-to-follow leaflet that describes four different types of sports injuries and their underlying causes.</p> <p>Task 2</p> <p>Add to the leaflet by describing the signs and symptoms of illnesses related to playing sport.</p> <p>Task 3</p> <p>Show through a practical exercise their knowledge and ability to deal with casualties suffering from three different injuries or illnesses.</p> <p>Task 4</p> <p>Produce a written report that analyses the use of specialist equipment to minimise the risk of injury.</p>
WHAT THEY WILL LEARN IN THIS ASSIGNMENT	<p>Through completing this assessment, students should learn the different types of injuries in sport, the causes of injuries, and the types and signs of illness in sport.</p> <p>Students should also be aware of and be able to treat different types of injuries and illnesses in a sporting situation. They should know the procedures and treatment for at least three different sporting injuries. Learners will also know and understand the needs of different types of casualties.</p>
MARK SCHEME (what is required for each grading level)	<p>Task 1</p> <ul style="list-style-type: none"> ▪ P3 describe four different types of injuries associated with sports participation and their underlying causes ▪ M3 explain why certain injuries and illnesses are associated with sports participation <p>Task 2</p> <ul style="list-style-type: none"> ▪ P4 describe types and signs of illnesses related to sports participation ▪ M3 explain why certain injuries and illnesses are associated with sports participation <p>Task 3</p> <ul style="list-style-type: none"> ▪ P5 deal with casualties suffering from three different injuries and/or illnesses, with teacher support ▪ M4 deal with casualties suffering from three different injuries and/or



illnesses

Task 4

- D1 analyse the use of specialist equipment to minimise the risk of injury

GUIDANCE NOTES

When completing this assessment, you should ensure that students:

- read the tasks in full
- complete the tasks in full
- refer to the assessment criteria for assistance.

If they do not understand what they are being asked to do, they should ask for your assistance immediately.



ASSIGNMENT TITLE	Injuries in sport
ASSIGNMENT OBJECTIVES	<p>By the end of this assignment, you should:</p> <ul style="list-style-type: none"> ▪ know the different types of injuries and illness associated with sports participation ▪ be able to deal with injuries and illnesses associated with sports participation.
WHAT YOU WILL DO IN THIS ASSIGNMENT	<p>In this assessment, you have to:</p> <ul style="list-style-type: none"> ▪ produce a leaflet about sports injuries that includes a description of four different types of injuries associated with sport and their underlying causes ▪ deal with three casualties suffering from different injuries and/or illnesses.
WHAT YOU WILL LEARN IN THIS ASSIGNMENT	<p>Through completing this assessment, you should learn about the different types of injuries in sport, the causes of injuries, and the types and signs of illness in sport.</p> <p>You should also be aware of and be able to treat different types of injuries and illnesses in a sporting situation. You should know the procedures and treatment for at least three different sporting injuries. You will also know and understand the needs of different casualties.</p>
HOW THIS ASSIGNMENT WILL BE MARKED (the assessment criteria)	<p>Task 1</p> <ul style="list-style-type: none"> ▪ P3 describe four different types of injuries associated with sports participation and their underlying causes ▪ M3 explain why certain injuries and illnesses are associated with sports participation <p>Task 2</p> <ul style="list-style-type: none"> ▪ P4 describe types and signs of illnesses related to sports participation ▪ M3 explain why certain injuries and illnesses are associated with sports participation <p>Task 3</p> <ul style="list-style-type: none"> ▪ P5 deal with casualties suffering from three different injuries and/or illnesses, with teacher support ▪ M4 deal with casualties suffering from three different injuries and/or illnesses <p>Task 4</p> <ul style="list-style-type: none"> ▪ D1 analyse the use of specialist equipment to minimise the risk of injury



GUIDANCE NOTES When completing this assessment, you should:

- read the tasks in full
- complete the tasks in full
- refer to the assessment criteria for assistance.

If you do not understand what you are being asked to do, ask your teacher for assistance immediately.



ASSIGNMENT TITLE	Injuries in sport
TASK NUMBER AND TASK DETAIL	<p>Task 1</p> <p>Produce an easy-to-follow leaflet for the coaches at the sports club that describes four different types of sports injuries and their underlying causes</p> <p>In the first section of your leaflet, you must include:</p> <ul style="list-style-type: none"> ▪ a description of four injuries associated with sport participation ▪ a description of the underlying causes of the four selected injuries. <p>Merit</p> <p>If you want to achieve a merit in this task, you must also explain why certain injuries are associated with playing particular sports.</p>
ASSESSMENT CRITERIA	<p>P3 describe four different types of injuries associated with sports participation and their underlying causes</p> <p>M3 explain why certain injuries and illnesses are associated with sports participation</p>
GRADE / LEVEL	The work has been graded at pass (P3), level 2.
EXEMPLAR ANSWER	<p>Bruising (minor injury)</p> <p>Bruises are normally a result of a kick or a collision in sport. The kick or collision causes damage to the blood vessels, which leak into tissue under the skin. This is what causes the bruise to swell and the area to change colour. The best cure for a bruise is rest and RICE (rest, ice, compress, elevation).</p> <p>Strains (minor injury)</p> <p>Strains are injuries to muscles. When muscle fibres are strained in sport the muscle fibres become torn. The level of the injury depends on the number of muscle fibres torn. Muscle strains often occur when a sportsperson overstretches a muscle in an attempt to retrieve possession, or when someone undertakes physical activity without warming up correctly. The best cure for a muscle strain is rest and RICE (rest, ice, compress, elevation).</p> <p>Concussion (major injury)</p> <p>This can occur when a sportsperson receives a blow to the head, such as when an attacker goes up for a header and clashes heads with a defender in football. When the head receives this blow, the blood vessels in the brain are damaged. In some cases, the injured person may pass out and become unconscious. Other symptoms of concussion may be headaches, dizziness, disorientation and feeling sick. If you think a player has any of these symptoms after a blow to the head, it is very important that the casualty goes to hospital to be checked out by a professional medical expert.</p>



Fractures (major injury)

A fracture is a break in a bone. In sport a fracture can be caused by foul play (a bad tackle in football) or through an accidental clash with an opposing player or an awkward fall. The fracture usually occurs in the area of the clash. There are a variety of fractures that a sportsperson may receive including a complete fracture, where the bone breaks in two pieces; a hairline fracture, where there is not a clear break of the bone; and an open fracture, when the bone is broken and pierces the skin. In the event of a sportsperson suffering a suspected fracture, an ambulance should be called and professional medical support should deal with the injury.

ANY ILLUSTRATIVE MATERIAL REQUIRED

Learners could illustrate the text (above) with pictures sourced from newspapers, magazines or the internet showing situations in which the injuries described occur in a competitive situation.

GRADING COMMENTS

This work would be sufficient for the learner to attain the P3 criterion. The learner has clearly described four different types of sports injuries and, for each injury, has associated them to a variety of sporting situations. Details of how each injury could have been caused are also provided.

The M3 criterion has not been met due to the fact that there is not sufficient detail about why each injury is associated with sport participation. Although the learner does make some association, in order for the learner to fully meet the requirements of M3 there should be a fuller explanation of how each injury could and does occur in selected sports, supported by relevant examples from elite scenarios.