

Injury and Risk Management

Lessons	WATCHED LESSON	READ TOPIC	COMPLETED QUIZ	COMPLETED WORKSHEET
Types of Injuries				
Risk Factors				
Response to injury and treatment methods				

I have understood the lesson:	NOT VERY WELL	SOMEWHAT	VERY WELL
Sprains			
Strains			
Contusion & Haematoma			
Fractures			
Cartilage Damage			
Concussion			
Intrinsic Risk Factors			
Extrinsic Risk Factors			
Physiological Response			
Common Psychological Response			
Immediate Treatment			
Rehabilitation- Regeneration & Reconditioning			
Rehabilitation- The End Stage and Returning to Play			