**Sporting injuries**

Name: Click here to enter text.

Think of some injuries that you or your teammates have sustained whilst playing different sports.

Fill in the table below with your answers (an example has been done for you):

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Sport Being Played** | **Injury Sustained** | **Cause** | **Preventative Measure** | **Was the Injury due to intrinsic or extrinsic factors?** |
| *e.g. football* | *e.g. strained hamstring whilst shooting* | *e.g. muscular imbalance – hyperextension when shooting.* | *e.g. warm-up, technique and strengthening antagonist groups to balance working muscles..* | *e.g. intrinsic* |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |