

TERM 3 2022

OPTION 3: SPORTS MEDICINE (20%)

1A How are sports injuries classified and managed?

ways to classify sports injuries
soft tissue injuries
hard tissue injuries
assessment of injuries - TOTAPS

2B How does sports medicine address the demands of specific athletes?

children and young athletes

Assessment Task 4 Notification Issued- HSC -

3A adult and aged athletes
female athletes

4B What role do preventative actions play in enhancing the wellbeing of the athlete?

physical preparation

5A sports policy and the sports environment

environmental considerations

6B taping and bandaging

Assessment Task 4 - Hand in

7A How is injury rehabilitation managed?

rehabilitation procedures

8B return to play

HSC Revision - possibly earlier

HSC

8B

9A

10B