**BTEC Sport Homework**

**Causes of Sporting Injuries**

**Now we have looked at the different types of injury - this lesson is about the causes of injuries.**

**Please watch the video, (making notes advised!) and go through the mini tasks set which should help test your understanding.**

[**https://youtu.be/LA9i8WfTsyE**](https://youtu.be/LA9i8WfTsyE)

**There are also 2 Microsoft Word documents on with tasks related to the causes of sporting injuries which is explained in the video. You need to highlight the examples linking them to the correct category. Once you have done that you will need to come up with your own example of each (the first couple have been done for you). Distinction task is to then come up with possible ways to reduce the risk for each example.**

**If you have any questions or queries then just give me a shout on either email or SMHW.**