**Causes of Injuries Date:**

All of these 9 causes can be categorised under the following 3 headings…

* Physiological
* Psychological
* Environmental

Examine the causes below and try to determine which category the injury would fall under. Once you are 100% confident, highlight each category in a different colour. Colour code the titles above to act as a key.

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| 1. Working at an appropriate intensity, or doing too much too soon, can lead to injury. | 2. It is important for participants to stay warm and dry during cold weather, to warm up properly, and to keep moving throughout an activity session. | 3. A lack of concentration can lead to trips, falls and other mistakes, which can result in injury. |
| 4. Low self -confidence, not believing you can do something and being tentative when challenging opponents, can result in injury. | 5. Gravity makes balancing and landing after a jump or a somersault particularly difficult. | 6. It is important to keep cool in hot weather, staying out of the sun and drinking lots of fluids to keep hydrated. |
| 7. Some sports are inherently more dangerous than others. | 8. Peer pressure can push you into doing something you are not ready to do, and this can lead to injury. | 9. Bad weather, particularly rain and high winds, can make playing surfaces dangerous. |

**Task**

For each cause, try to come up with an example which will help to demonstrate your understanding. There are two examples below which have been done for you although you will have to decide which cause they are linked to. Write the examples down in your book.

1. If you decide to tackle an opponent in rugby, but do not fully commit as you think you will fail, you are more likely to get hurt yourself.
2. If a foot is placed incorrectly on a landing, you may fall to the ground and hurt yourself, therefore it is important to practice complex skills such as a somersault to learn the correct technique.