

# CAMBRIDGE NATIONAL

Unit 1:  
Different Factors that  
influence the risk of injury.

**Extrinsic  
Factors**

**that cause  
injury.**

## 1. Coaching and Supervision

1. Poor coaching  
technique

2. Ineffective  
communication

3. Follow rules  
and regulations

**ZAP**



Playing surface



Other players



Weather

## 2. Environmental Factors

### 3. The type of activity



More likely to have a  
twisting injury than a  
fracture through  
contact from a  
tackle.

Contact sports  
carry different  
risks than  
gymnastics

## 4. Safety Hazards

Risk Assessments

Safety Checks

Emergency Plans

Protective  
equipment

**GUM SHIELD**



**HELMET**



Performance  
equipment

**HOCKEY STICK**



**CRICKET BALL**



Appropriate  
equipment

Clothing,  
Footwear and  
equipment that  
is suitable for  
surface,  
weather  
conditions and  
sport.

## 5. Equipment

## Intrinsic Factors

that cause injury

### 1. Physical preparation

Training

Fitness Level

Warm Up

Overuse

Cool down

Muscle Imbalance



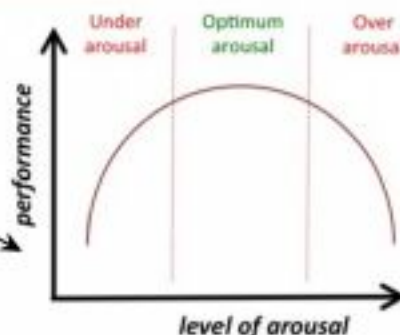
**WU-POW**

### 2. Individual Differences

**GENDER** **AGE**  
**FLEXIBILITY**  
**NUTRITION**  
**SLEEP** **PREVIOUS INJURIES**

### 3. Psychological Factors

Motivation  
Aggression  
Arousal Levels



# POOR STANCE



Hunched shoulders or bending legs when standing,

# SITTING POSITIONS

Slouching instead of sitting with straight back



# PHYSICAL DEFECT

Weak muscle around the injured area



**Lack Of Exercise**

Lack of core muscle strength through lack of exercise means lack of support. Being overweight also puts strain on the posture



Fatigue or tired muscles will be unable to support the skeleton properly.

# EMOTIONAL FACTORS



Having low self esteem or low confidence can also affect a person posture.

# CLOTHING & FOOTWEAR



Wearing high heels can cause a change in body posture

## 1. Pelvic Tilt



## 2. Lordosis



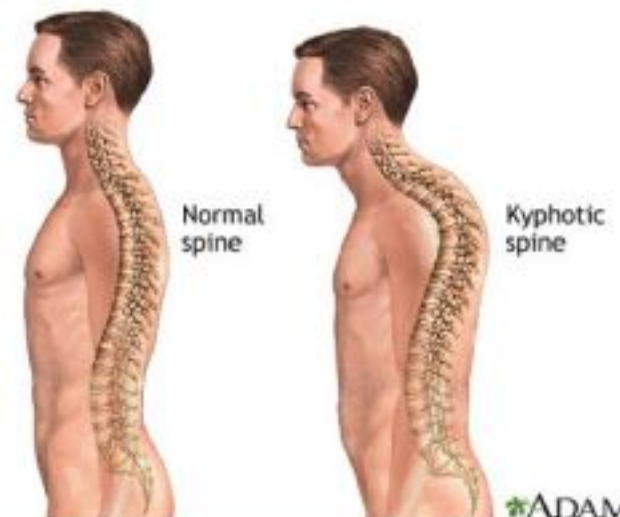
*Excessive curvature of the lower back or lumbar.*

*Often seen in pregnant women or men with large bellies.*

## Sports injuries related to poor posture.

*This is where the spine sticks out in the thoracic area.*

*Caused by poor posture or weakening of core muscles or diseases such as osteoporosis*



## 3. Kyphosis

### Round Shoulders

1. Shoulder become round and sometimes they seem to be bent forwards
2. Alignment of the ears in relation to the shoulders is not proper
3. Occur due to shortening of chest muscles
4. Caused by wearing very tight clothes, Sitting on improper furniture, Lack of proper exercise especially of shoulders



## 4. Round shoulders



*S shape  
d curve  
in the spine.*

*May be a birth defect or condition such as cerebral palsy.*

## 5. Scoliosis