

Tender Heart School,
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Class: X

Topic: Safety in sports

Chapter: 6

Subject: Physical Education

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Introduction: Injuries increasing nowadays in field of sports and physical education day by day due to lack of knowledge in athletes, coaches and physical instructor. Injuries usually affect the health of individual and may be fatal. If proper medical care is provided to victim, the aggravation or damage caused by injury can be reduced. Sports medicine is the branch of medicine which deals with first aid, treatment, curing, prevention, diagnosis and rehabilitation of injuries caused in sports. Sports Medicine gives us knowledge about the curative and preventive aspects of sports injuries.

MEANING:

INJURY: Injury refers to the harm or damage to your body. Injuries can be caused by accidents or acts of violence, and may occur at home, work or play eg: abrasions, lacerations, broken bones, joint dislocations, sprains, strains, burns.

SPORTS INJURY: Sports injuries are injuries that occur when engaging in sports or exercise. Sports injuries can be caused due to overtraining, lack of conditioning, and improper form or technique. Failing to warm up increases the risk of sports injuries. Bruises, strains, sprains, tears, and broken bones can be result from sports injuries.

FIRST AID: First Aid is the first and immediate assistance given to any person with either a minor or serious illness or injury. It is temporary treatment given to victims before arrival of doctor.

SPORTS MEDICINE: Sports Medicine is a specialized branch of Medicine that focuses on the prevention, diagnosis, treatment & rehabilitation of injuries related to sports and physical activity. It incorporates a multidisciplinary approach involving healthcare providers from various specialties to help athletes and active individuals achieve peak physical performance and manage injuries effectively.

According to Thesaurus: "It is the branch of Medicine concerned with the treatment of injuries or illness resulting from athletic activities."

Note: Explanations Read from Book.

AIMS OF SPORTS MEDICINE:

- (a) To cure and treat sports injury
- (b) To diagnose and detect the cause
- (c) Correcting Musculoskeletal cause
- (d) To promote preventive aspects in sports
- (e) To provide Rehabilitation
- (f) To guide and counselling

CAUSES OF SPORTS INJURIES

- (a) Lack of fitness
- (b) Poor concentration
- (c) Overstress or Tension
- (d) Not performing Warming-up
- (e) Equipment failure.
- (f) Not following Rules
- (g) Aggression or Violence
- (h) Poor Playfield
- (i) Not wearing protective guards
- (j) Wrong treatment of injury
- (k) Wrong training methods
- (l) Faulty skills Actions.

CLASSIFICATION OF SPORTS INJURIES

Sports injuries can be classified based on several factors, including the type of injury, the tissues affected, the mechanism of injury. Here's a detailed look at the main classifications:

BASED ON TYPE OF INJURY:

- Acute Injuries (Soft Tissue Injuries): These occur suddenly as a result of a specific incident, such as fall, collision, or twisting motion. Symptoms are immediate such as pain, swelling and loss of function. e.g.: sprains, fractures, dislocations, contusion etc.
- Chronic Injuries (Hard Tissue Injuries): These develop over time due to repetitive stress on a particular body part, often from overuse without adequate recovery. e.g.: stress fractures, tendinitis, shin splint.

BASED ON TISSUE AFFECTED:

- Soft Tissue Injuries: These involve damage to muscles, ligaments or tendons.
- Strains: Injury to muscles or tendons due to overstretching or tearing.

Sprains: Injury to ligaments often caused by twisting or impact.

→ Contusions (Bruises): Result from a direct blow that causes blood to pool under the skin.

→ Tendinitis & Tenosynovitis: Inflammation of tendons or tendon sheaths.

⇒ BONE INJURIES:

These affect the bones and often result from high impact forces.

FRACTURES: Breaks in the bone classified further into types [e.g. greenstick].

(a) Stress fractures:

tiny cracks in the bone due to repeated stress over time.

JOINT INJURIES: These affect joints including structures like cartilage & synovium.

(a) Dislocations: Bone is forced out of its normal joint position.

(b) Subluxations: Partial dislocation where the bone partially slips out of the joint.

(c) Labral tears: Tears in the cartilage within ball & ~~to~~ socket joints such as shoulder or hip.

→ MEANING AND PRINCIPLES OF FIRST AID:

First Aid: First Aid is the immediate and temporary care given to the victim. The prime objective is to save or save life. The person should know that what to do and what not to do which can help to avoid further injury.

→ AIM / OBJECTIVE OF FIRST AID: The main aim and objectives of first aid are:

- Preserve life.
- Prevent injuries from getting worse
- Relieve Pain
- Aid Recovery
- Protect the unconscious.

→ COMPONENTS OF FIRST AID: The airway, breathing and CPR (Cardiopulmonary Resuscitation) are the three components of ABC's of first aid.

* Airway: Try to find out whether someone is breathing. If not, clear the person's airway.

* Breathing: Even after clearing the airway, if a person is not respiring, give rescue breathing.

Circulation :- With rescue breathing, do chest compressions to restore blood circulation. Still, if the person is not responsive, check the pulse. If the patient's heart has stopped, perform chest compressions.

→ ADVANTAGES OF FIRST AID :

1. The basic Recovery from the illness or injuries.
2. The survival rate is high if the first aid is given on time to the victim.
3. It limits the death rates.
4. First aid prevents deterioration.

→ Acronyms Used in Injuries :

P - Protection

E - Elevation

A - Anti-inflammatory (Avoid)

C - compression

E - Education

L - Load

O - Optimism

V - Vasularization

E - Exercise

R - Rest

I - Ice

C - Compression

E - Elevation

R - Referral & Rehabilitation

- P - Prevention
R - Rest
I - Ice
C - Compression
E - Elevation
R - Rehabilitation

Q : 1

Define Injury?

Q : 2

Write any four causes of sports Injuries?

Q : 3

Explain the classification of sports Injuries?

Q : 4

Write full form of PRICER, PEACE & LOVE?